

Spiritual Change

Learn How to Spiritual
Change

By

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Chapter 1 - Spiritual Awakening

This is a spiritual book about Spiritual Change and I wanted to write this Spiritual Book to help readers, spiritual leaders, spiritual seekers, spiritual creators understand the importance of Spiritual Change.

Spiritual Change is very important to learn and understand and the Spiritual Change can make the difference between helping other people & giving back or making no spiritual contributions to helping other people.

Spiritual Change is something that is not talked about within world and society and for the few spiritual leaders, spiritual seekers, spiritual creators who find Spiritual Change it still become a hidden and private thing because they don't understand what has happen to them.

Spiritual Change is everything in the work of helping other people & giving back. I am writing this Spiritual Book to inspire

and encourage spiritual leaders, spiritual seekers, spiritual creators to really focus on learning and understanding the Spiritual Change.

Spiritual Change is very important in life to discover and find but it something that can only be shown once you help other people & give back.

Some people don't really understand the importance of Spiritual Change because there is a very important reason why because they don't help other people or give back.

When you don't go through a Spiritual Change to help other people and give back your life become nothing and empty and you never ever find any meaning or value in the work, careers, vocation, occupation, business, volunteering you do because you didn't help other people or give back.

Spiritual Change is focus on helping other people & giving back. I don't want to get the inspiration or message in this book

wrong because that wouldn't be helpful to anyone who choose to read this book. The inspiration that I am sharing here is helping other people & giving back. Spiritual Contributions in helping other people & give back. Making a difference and spiritual contributions into people lives.

Spiritual Change comes from Spiritual Awakening which is rare to find within society and the world today because people don't want to go through Spiritual Change and choose to not help other people or give back.

I want the readers, Spiritual Leaders, Spiritual Seekers, Spiritual Creators to understand this **YOU NEED TO SPIRITUAL CHANGE BEFORE YOU CAN HELP OTHER PEOPLE OR GIVE BACK.**

The Spiritual Change is the importance thing.

In this chapter we are going to talk about Spiritual Awakening and my encourage to readers, spiritual Leaders, spiritual

Seekers, spiritual creators are learning about the Spiritual Change it is everything and more.

Spiritual Awakening

Meaning of Spiritual Awakening - A spiritual awakening is a profound shift in awareness, often described as a journey of self-discovery and a deeper understanding of one's connection to the universe and a higher power.

Spiritual Awakening is Spiritual Awareness, Self-Discovery, Deeper Understanding of one connection to universe and higher powers.

Spiritual Awakening comes to human beings who go through Suffering - Pain - Adversities within their life but overcome their life suffering - pain - adversities to help other people & give back.

The importance thing about Spiritual Awakening is Suffering - Pain - Adversities

For spiritual leaders, spiritual seekers, spiritual creators I want you to understand this now – **Suffering – Pain – Adversities** is part of the Spiritual Journey to Spiritual Awakening.

Spiritual Awakening comes with Suffering and without Suffering you would know.

Helping Other People & Giving Back is not a Job or anything to do with materialistic things. No. **It is a Vocation and Career Path.**

You cannot do the Vocation and Career Path without Suffering – Pain – Adversities



The Suffering – Pain – Adversities is not what people want to go through to help other people and give back.

This is one of the real reason why millions and billions of human being don't help other people or give back. Because they don't want to suffer or go through pain and adversities.

I am not saying that helping other people and giving back is a easy vocation and career path to choose. No. But without the Suffering – Pain – Adversities you wouldn't know.

I am going to write now some of the benefits of Spiritual Awakening

Benefits of Spiritual Awakening

- Spiritual Awakeing helps you to Spiritual Change
- Spiritual Awakening connect you with Jesus Christ – Jehovah – Buddha
- Spiritual Awakening makes you more Spiritual

- Spiritual Awakening helps you understand totally of life, faith, spirituality
- Spiritual Awakening helps you to understand that Faith & Spirituality become the most important thing
- Spiritual Awakening will make you want to help other people & give back
- Spiritual Awakening makes you learn that it not about Selfishness & Materialistic things
- Spiritual Awakening helps you to become more Spiritual Awareness
- Spiritual Awakening helps you to understand that Spirituality & Faith is nothing to do with Money
- Spiritual Awakening give you Spiritual Knowledge & Wisdom
- Spiritual Awakening make you Spiritually Different
- Spiritual Awakening gives you Spiritual Insights and Spiritual Guidance

- You will never chase after money or materialistic things once your Spiritual Awakened
- Spiritual Awakeing help you to connect with Faith & Spirituality which is Beauty
- Spiritual Awakening helps you to find Faith & Spirituality which is Rewarding
- Spiritual Awakening help you to find Faith & Spirituality which is Fulfilling
- Spiritual Awakening is Faith & Spirituality which Rare to find within World & Society
- Spiritual Awakening comes Suffering – Pain – Adversities
- Spiritual Awakening is Faith & Spirituality which is Spiritual Freedom
- Spiritual Awakening help you to develop No Self & Selflessness
- Spiritual Awakening make you realise that Helping Other People is Importance
- Spiritual Awakening helps you to do spiritual contributions In Helping Other People which is Spiritual

- Spiritual Awakening helps you to learn new things
- Spiritual Awakening helps you to learn from life experiences
- Spiritual Awakening makes your become more observane with Faith & Spirituality
- Spiritual Awakening connects you Life – Faith – Spirituality which teachings you how to Spiritual Contribute
- Spiritual Awakening is Faith & Spirituality which is a Gift & Talents
- Spiritual Awakening is Faith & Spirituality which help you not to See

Spiritual Awakening comes at a price to discover faith & spirituality this price is called Suffering – Pain – Adversities.

If you don't go through any Suffering – Pain – Adversities how would you develop the qualities of Helping Other People & Giving Back. Sometimes in life the learning comes from the Suffering – Pain – Adversities you experience to help you to Spiritual Contribute and help other people & give back.

Spiritual Awakening is a journey of life itself to become more Spiritual & Faithful.

You can not Spiritual Change without a Spiritual Awakening

Everything start with the Spiritual Awakening first before you can help other people & give back.

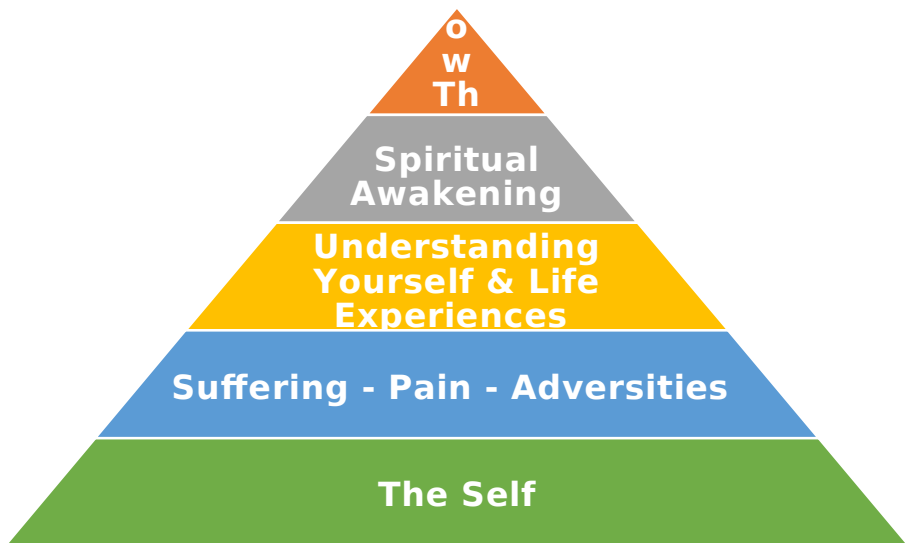
Spiritual Awakening is a process of understanding life, faith, spirituality which is very important.

Sometimes in life we go through serious life challenges, suffering, pain, adversities which will completely destory our life but once you understand that all the suffering, pain, adversities you go through as a human being is met to make you go through a Spiritual Awakening and this comes through the serious life challenges, hardships, disappointment, suffering, pain, adversities we go through within our daily life.

It is important to realise that Spiritual Awakeining is the beginning of the journey of life and you learn so much

about yourself and others from going through suffering, pain, adversities which is very painful but can be the most important thing in faith & spirituality.

I am going to share a image about The Process of Spiritual Awakening



The Process of Spiritual Awakening

1. **The Self** – Your Life Experiences, Personality, Behaviour, Characters, Mentality, Morals, Values, Beliefs, Qualities, Abilities, Self

2. **Suffering – Pain – Adversities** – All of your life problems, challenges – difficulties which is Suffering – Pain – Adversities

3. **Understanding Yourself & Life Experiences** – Process what you have gone through as a human being and coming to terms with all of your life experience (Positive or Negative)

4. **Spiritual Awakening** – Understand oneself and becoming Spiritually Awakened

5. **Know Thyself** – No Self – Totally Understand Yourself – Know Thyself

In the spiritual awakening process you have to go through suffering – pain – adversities before you discover yourself as a human being that why the spiritual awakening is a very hard and painful process to go through but this can be very important for your faith & spiritual development.

It is important to understand spiritual awakening doesn't mean your ever free from the life experience, life challenges,

life difficulties you have faced no because you will always have your life experiences as part of your daily life but what spiritual awakening means is that your free from the past and you overcome the Suffering – Pain – Adversities.

The hard thing in life is that we always live with Suffering – Pain – Adversities within our life because this is part of the human conditioning but there ways of how you can Overcome the Suffering – Pain – Adversities



To understand Spiritual Change there must be a Spiritual Awakening from “The Self” into “No Self” because if we don’t overcome the Suffering – Pain – Adversities within our life then we cannot discover the No Self.

No Self is the Spiritual Change which means once you understand The Self and all of the life challenges, life struggles, life difficulties, life hardships, life disappointments, life misery then you can become the No Self.

The No Self is Total understand of The Self which means there No More Self within you because you understand yourself as a human being.

No Self is the Spiritual Change that changes your life from thinking about The Self into No Self.

Once you discover No Self then your become Spiritual Awakened and Spiritual Liberated. This can sometimes turn into Spiritual Freedom where you can live your life free from the Past “The Self” and

focus your life on Helping Other People and Giving Back.

Without a Spiritual Awakening you cannot discover the No Self



The Process in 3 Stages of Spiritual Change

1. **The Beginning (The Self)** - The Self is how we live our life day to day because we are born as a human being which means we live within Mind,

Body, Spirit, Soul. The Self is the Problems of life because with The Self comes destruction, suffering, pain, adversities. As human being no one has told us how we should live our life on earth and life itself is the mystery which no one really know why we are living and alive. Because there is no Religion, School, Teacher, Parents, Spouse, Children, Colleagues that can tell you how to live your life then we all get confused as a live our daily life. There is no Human Being which is perfect because we all made mistakes, failures and we have all been confused on how we live our life. That why we will never really understand how negative & destructive The Self is within our own life until we observe and process our life experiences. This can be painful and hurtful to do because no one want to look at all the Suffering – Pain – Adversities, Mistakes, Failures they have done in their own life but this is the only way to become Spiritual Awakened. Suffering – Pain –

Adversities is part of life and until we look at ourselves without any judgement and try to process what we have gone through as a human being we will never understand Spiritual Awakening because when your Spiritual Awakened your free from your past and you have Spiritual Change.

2.The Unknown (Spiritual Change) -

To understand ourselves as a human being we need to develop 5 Spiritual Practices that can help guide us into learning about ourselves and what we have been through as human being. 5 Spiritual Practices are faithful & spiritual practices that can help you to discover Spiritual Change which become very important and vital. If we don't develop 5 Spiritual Practice to help us with learning & understanding about ourselves then how can we go through a Spiritual Change & start the process of Spiritual Awakening. 5 Spiritual Practices - 1) Prayer, 2) Meditation, 3) Mindfulness, 4)

Journalling, 5) Walking. These 5 Spiritual Practices can help us to Spiritual Change. As I have said in books – audios – videos – podcasts – messages – talks – speeches if we want to Spiritual Change, we need to develop the 5 Spiritual Practices to help us understand ourselves and our life experiences. Remember the 5 Spiritual Practices doesn't cost any money to do it is all free but we need to decide and make a choice to do all 5 Spiritual Practices or Not. You cannot go through Spiritual Change if you don't develop a Spiritual Practice to keep you faithful & spiritual. It hard to see within the world & society today that most people will never become Spiritual Awakened or go through Spiritual Change because they didn't develop the 5 Spiritual Practices in their Daily life. The 5 Spiritual Practices is just the start of the journey and if we really want to experience Spiritual Change we must continue to go on the journey because faith & spirituality

comes to human beings that
Overcome Suffering - Pain -
Adversities. Spiritual Change is a The
Unknown and very mystical because
we don't know how we are going to
Spiritual Change so everything become
a learning and understanding. We
didn't know what life path Jesus Christ
- Jehovah - Buddha want us to go
down because life is a Mystery but
what we did know is that Spiritual
Change will be important for your Faith
& Spiritual Development. If we don't go
through the 5 Spiritual Practices and
discover which Spiritual Practices
works best for us then we may never
understand Spiritual Change. You need
to learn & understand to discover
Spiritual Change. Remember you don't
need a Books, Audio, Podcast,
Messages, Video to inspire you to do
the 5 Spiritual Practices this is
something you can do with yourself
today by just taking the first steps in 5
Spiritual Practices. Remember no one
can give you the answers for you

because you have to discover the answers for yourself. There is no philosopher, Guru, Teacher, Pastor, Evangelist, Speaker that can give you the answers you have to discover it. When we understand that Spiritual Change involved learning & understanding then we become more observe and more open minded. If we are always busy working hard in the office or doing other activities, we may never discover it for ourselves.

Spiritual Change has nothing to do with School, University, College or the education we are taught day to day because it all based on older tradition and it not living or evolving or moving.

That why you don't need to go to School, University, College to find Spiritual Change if you choose to go to School, University, College to study a subject you're interested in that is ok but it will never lead you to Truth - Faith - Spirituality. Spiritual Change has no path to it - Quote from **Jiddu**

Krishnamurti - "Truth is a pathless

land”. I am encouraging the spiritual leaders, spiritual seekers, spiritual creators that if you want to discover Faith & Spirituality you need to go on a Spiritual Path which has no Destination or path to it because its Truth & Spiritual. Spiritual Change will change your whole life from The Self into No Self which is very important in life. Jesus Christ – Jehovah – Buddha want you to discover Spiritual Change because this is part of your Spiritual Life Journey. Sometimes in life many human beings are too busy within daily life to find out who they are as a human being. What are your Morals, Values, Beliefs? What is truly Important for you? Who do I want to be in the world? What am I being called to do? How can I be more spiritual & faithful? I want to find Jesus Christ – Jehovah – Buddha for myself? Do I need to study in College – University – School to find what is Truth & Spiritual? These are just some of the important questions that most human

beings don't have the answers too because they never discover themselves and who they are as a human being. Remember what I said in the beginning "The Self" is the main reason why people don't discover Spiritual Change because they are too focused on themselves and their daily life. Sometimes to find something true you need to look past the world & society of how human beings live their life. This can become very hard to do. I really do understand that but you cannot see truth through the eyes of lust, money, materialism, corruption, negativity of our society and world. That is why I said that The Self is the problem and until you really change The Self and Negative Behaviour you cannot find the Truth of Faith & Spirituality. **The Spiritual Change is a Process not a Destination.**

3. The Ending (No Self) - When we learn about the Spiritual Awakening, Understanding the Self, going through

the process of Spiritual Change then we discover the No Self. What is the No Self? You totally understand yourself as a human being – No Self – Know Thyself. Now why does the Spiritual Change become the most important thing in Spiritual Awakening and Faith & Spiritual Development because if you don't go through a Spiritual Change, you cannot discover the No Self & Selflessness. This has become one of the most important things to learn in daily life but many human beings will never get to No Self because of The Self and that how they life become Selfish, greed, jealous, envy, corruption, destruction. The Self is the Problem to the No Self. The No Self is the Spiritual Change of the Future. No Self means you have Spiritual Transformed from The Self to No Self and there No More Self in you. This is the Spiritual Change which starts with Spiritual Awakening. You cannot achieve No Self without going through Suffering – Pain – Adversities.

You can no become No Self without Spiritual Awakening. So, within life – faith – spirituality the Future is moving into Spiritual Change – No Self – Know Thyself because that what Jesus Christ – Jehovah – Buddha want human beings to become. It has nothing to do with money, status, jobs, careers, business, volunteering, family, friends, relative. No Nothing of this is the Path of Faith & Spirituality No. The Spiritual Path is No Self & Selflessness. Spiritual Change into the No Self. This is the Spiritual Future of Humanity – Animals – Universe which Jesus Christ – Jehovah – Buddha want all human being to LIVE. No Self & Selflessness. When we understand that life is moving into the Future as Time & Space moves through the Universe. We must all make a choice & decision to Spiritual Change Now and don't delay the important of Spiritual Change because this is the real difference between The Self & No Self. The Spiritual Change that comes from No Self make you

focus your life, time, passion, energy into helping other people & giving back because when you Spiritual Change you don't have a Self as part of you. Normally human beings focus on The Self – My Careers, My Family, My Children, My House, My Car, My Money, My Job but when you truly think about I, I, I or Me, Me, Me or My, my, my you live Selfishly and you don't help other people or give back that why. Most people don't change from The Self to No Self because of Selfishness. The Self is the problem for millions and billions of people and Jesus Christ – Jehovah – Buddha is trying to show Humanity that you need to change to the No Self – Faith – Spirituality because it is important for Faith & Spiritual Development. Spiritual Change is the Future of No Self. Humanity – Animals – Universe should all being spiritually changing to No Self. When you live the No Self you have more energy, passion, faith, spirituality. But when you focus on I, I,

I or Me, Me, Me or My, my, my you will never find or discover No Self. You don't need any Books - Videos - Messages - Audio - Podcast - University - School - College to discover No Self it is already within you as human being but you have not discovered it yet. No Self focus your life on helping other people & giving back because this becomes the most important work to do. No for The Self but to live the No Self. Jesus Christ - Jehovah - Buddha wants you to contribute and help other people & give back. When we think about the The Ending (No Self) we are truly thinking a life where I have made Spiritual Contributions to Helping Other People & Giving Back. Spiritual Change is the Future of No Self. The No Self is not The Ending it just the Beginning of life spiritual journey which Jesus Christ - Jehovah - Buddha has waiting for you if only you can see into the Faith & Spiritual. No Self now means living The Spiritual Legacy Now

within Daily Living not when you passed away. No. Within your daily life now in the Living. **The Dying is the Living**. The Self needs to be changed into No Self to find Truth - Faith - Spirituality.

The Importance of Spiritual Awakening

- Spiritual Awakening makes you free from The Self
- Spiritual Awakening helps you to overcome Suffering - Pain - Adversities
- Spiritual Awakening is the key to Spiritual Change
- Spiritual Awakening helps you to become a Total Whole Human Being
- Spiritual Awakening helps you to become The No Self
- Spiritual Awakening is important for Spiritual Transformation
- Spiritual Awakening is how you connect to Jesus Christ - Jehovah - Buddha

- Spiritual Awakening is the core to Faith & Spirituality
- Spiritual Awakening helps you to find your Spiritual Life Purpose & Spiritual Calling
- Spiritual Awakening helps to Overcome Depression & Anxiety
- Spiritual Awakening is important for Spiritual Freedom & Spiritual Liberation
- Spiritual Awakening helps you to develop 5 Spiritual Practices
- Spiritual Awakening is the connection to Spiritual Life Energy
- Spiritual Awakening is important because it connect you with Nature & Life
- Spiritual Awakening is important to connect you to Humanity - Animals - Universe
- Spiritual Awakening helps you to understand your mind
- Spiritual Awakening helps you to overcome negative thoughts and ruminating

- Spiritual Awakening is important to help discover your Faith & Spirituality
- Spiritual Awakening is important because it not based on Religions
- Spiritual Awakening helps you to Know Thyself & No Self
- Spiritual Awakening is the key to Spiritual Enlightenment
- Spiritual Awakening helps to give you meaning & value

Spiritual Awakening is important for Spiritual Change & Spiritual Transformation because you become the No Self & Selfless as you go on the Spiritual Journey of Spiritual Change

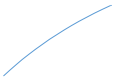
Remember Spiritual Awakening is the beginning of Spiritual Change Process we need to have a Spiritual Awakening to Spiritually Change ourselves from “The Self” to “No Self”.



Chapter 2 - 5 Spiritual Practices

In this chapter we are going to talk about the 5 Spiritual Practices and explain in detail how to develop the 5 Spiritual Practices.

5 Spiritual Practices



- 1) Spiritual Practice 1 – Prayer
- 2) Spiritual Practice 2 – Mindfulness
- 3) Spiritual Practice 3 – Meditation
- 4) Spiritual Practice 4 – Journalling

5) Spiritual Practice 5 – Walking

How to Develop 5 Spiritual Practices

I am going to start with How to Develop 5 Spiritual Practices. In the 5 Spiritual Practices, it is important to realize that you need to do a Spiritual Practice **daily** to really benefit from the Spiritual Practice. It is important with all 5 Spiritual Practices you don't need anything to do the Spiritual Practice you just need to be open & curious to doing the Spiritual Practices and find space and time to develop your Spiritual Practices. It is important that 5 Spiritual Practices are done daily as this is the way to grow your faith & spirituality.

All 5 Spiritual Practices will help you to develop a relationship with God so it is important to find what spiritual practice which will be best for you to do.

There is no right or wrong way of doing the 5 Spiritual Practices if you are open to learning and discovering then you will develop your Spiritual Practices.

Remember it is important to do all 5 Spiritual Practices to see what Spiritual Practice you find that is best for you.

Spiritually it is important to develop all 5 Spiritual Practices but sometimes it is important to find the best Spiritual Practices that you can do daily.

It is ok to learn and develop your spiritual practices as everything takes time to learn and understand. You will only grow in Faith & Spirituality by practicing daily.

The important thing to realize is that you will learn daily by practicing your Spiritual Practices this is very important because the only way you are able to grow in faith & spirituality is to develop your spiritual practice daily.

It is important to gradually build the habit of Spiritual Practice, the more you continue to do your spiritual practices the more you will grow and develop within your life.

Learning & Understanding is a Daily Process and you only learn and grow by taking actions.

It is important to understand that you have the choice to develop 5 Spiritual Practices within your life or not it is really up to you.

Spiritual Practices will grow your faith & spirituality which is very important to God.

I want you to understand that Spiritual Change is part of Spiritual Transformation and the only way your life will change is if you develop a Spiritual Practice.

This is very important and please understand that your daily habits of Spiritual Practices will help you with your faith & spirituality.

When you find faith & spirituality you will be closer to God.

Faith & Spirituality is something that grows through Spiritual Practices

All 5 Spiritual Practices can help you to develop your faith & spirituality.

What I am trying to explain is your Spiritual Practices grow your faith & spirituality.

If you develop your spiritual practices, you will become more spiritual and when you become more spiritual you connect to Jesus Christ & God.

Your Spiritual Practices Are Your Spiritual Life Transformation

This is a Spiritual Book that will guide you but you need to make a choice which Spiritual Practice will best suit you.

I want you to understand that developing your spiritual practice is the way to spiritual change.

Spiritual Change is the motivation of the Future but it will not come in your life without your Spiritual Practices.

Remember all 5 Spiritual Practices can be done and you can choose to do some that best suit you.

Please understand if you want to help other people & give back you must develop 5 Spiritual Practices.

There is something I really want to encourage now before I move into how to do the 5 Spiritual Practices.

If you want to Overcome Suffering - Pain - Adversity within your life then it starts with Spiritual Practice this is the only way to Spiritual Freedom or Spiritual Liberation.

Without Spiritual Change, you will not be free or find faith & spirituality

Spiritual Change means Spiritually Helping Other People & Giving Back.

When you help other people & give back you will find faith & spirituality

5 Spiritual Practices

- 1. Spiritual Practice 1 - Prayer**
- 2. Spiritual Practice 2 - Mindfulness**
- 3. Spiritual Practice 3 - Meditation**
- 4. Spiritual Practice 4 - Journalling**
- 5. Spiritual Practice 5 - Walking**

Spiritual Practice 1 - Prayer

1) Prayer

Prayer Meaning - a solemn request for help or expression of thanks addressed to God or another deity.

Prayer is a very spiritual practice that helps you to communicate with God through Worship. Prayer is very important within your spiritual faith and spiritual development.

Prayer is a way of connecting to God and expressing God's Gratitude & thanksgiving.

How To Develop Spiritual Practice of Prayer

- Find a Spiritual Quiet Place where you can be alone and pray to God this can**

**be a Church, Temple, Mosques,
Centre, Home.**

- **Lay down a Mat on the floor where you can sit down and pray**
- **Go onto the Mat & knee down, cross your hands, close your eyes**
- **Start Praying to God and communicating with God through Prayer**
- **Express your gratitude & thanksgiving to God in prayer**
- **Pray for family, friends, children, relatives, and loved ones**
- **Talk to God about any concerns or issues you may be facing with your life**
- **Asked God for forgiveness and to help you with your daily life**
- **Asked God to forgive your sins and make a Covenant with God that you want to change your life for the better**
- **Communicate with God about your dreams & desires and ask God to spiritually guide you**

- **Asked God for spiritual knowledge, wisdom, freedom, understanding, counsel, guidance**
- **Once you have finished Praying say Thank You to God for everything**

How long should your prayer be for?

- **Beginner** - 10 - 15 Minutes
- **Intermediate** - 20 - 30 Minutes
- **Experienced** - 40 - 50 Minutes
- **Advanced** - 1 hour - 2 hours

When should you pray?

- **It is good to pray first thing in the morning when you wake up between 05.00 - 08.00**
- **It is good to pray in the afternoon on Lunch Break between 12.00 - 14.00**
- **It is good to pray in the evening before you go sleep between 22.00 - 00.00**

How Should I Pray?

- **You can pray alone yourself.**
- **You can pray with your Partner & Spouse**

- **You can pray with your Children, Family, Relatives, Friends**
- **You can pray in your church, temple, mosque, centre**
- **You can pray in Prayer Evening Events at Church, Temple, Mosques, Centre**

The Spiritual Benefits of Prayer

- **Deeper Connection with the Divine** - Prayer strengthens your relationship with God, fostering a sense of closeness and guidance.
- **Inner Peace** - It brings tranquillity, helping to relieve anxiety, stress, and emotional burdens.
- **Increased Faith** - Regular prayer reinforces belief and trust in God's plan, even during difficult times.
- **Greater Clarity and Wisdom** - It helps in decision-making by aligning your thoughts with divine wisdom.
- **Emotional Healing** - Prayer can provide comfort and healing for past wounds and personal struggles.

- **Spiritual Growth** - It deepens understanding of spiritual truths and enhances personal development.
- **Gratitude and Contentment** - Through prayer, one develops a habit of gratitude, leading to a more fulfilling life.
- **Forgiveness and Letting Go** - Prayer encourages the release of resentment and cultivates a forgiving heart.
- **Protection and Strength** - Many believe that prayer acts as a shield against negative forces and provides resilience.
- **Sense of Purpose** - It helps align one's life with higher spiritual goals and a greater sense of meaning.

Spiritual Practice 2 - Mindfulness

2) Mindfulness

Mindfulness Meaning - 1. the quality or state of being conscious or aware of something. "Their mindfulness of the wider cinematic tradition"

2. a mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations, used as a therapeutic technique.

Mindfulness is a very powerful spiritual practice that connects you with God & Nature. Mindfulness is focusing on the present moment and being aware of Nature & God.

How To Develop Spiritual Practice of Mindfulness

- **Find a Spiritual quiet place where you can be alone this could be a Park, Home, or Centre.**
- **Lay down a Mat on the floor and make yourself comfortable by sitting down on a mat.**

- **Cross your legs, lay your hands & arms on cross legs, close your eyes, and breathe slowly in & out.**
- **As your eyes are closed be mindful of what happening in your mind, body, and soul.**
- **It is important to just stay still and be patient allowing Nature to connect with you.**
- **Make sure you're breathing slowly in & out in a gradual mindfulness process.**
- **Connect with the present moment and connect to God & Nature**
- **Realize that there is no time, no judgment, no perception just You and Being in Nature & God**
- **Be still & quiet**
- **When you finish your Mindfulness say Thank You to God & Nature for giving you space & time to connect.**

How long should your Mindfulness for?

- **Beginners - 5 - 10 minutes**
- **Intermediate - 20 - 30 minutes**

- **Experienced** - 40 - 60 minutes
- **Advanced** - 1hour - 1.30 hour

When should you do Mindfulness?

- **Mindfulness can be done anywhere you just have to be still, quiet, and consciously aware of the Present Moment.**
- **Mindfulness can be done when you feel anxious or overwhelmed**
- **Mindfulness can be done when you're at home alone or with your partner, children, spouse**
- **Mindfulness can be done in Mindfulness Events or Community Events with other people**
- **Mindfulness can be done in Groups**
- **Mindfulness can be done when you're in Nature or Park**

How Should I Do Mindfulness?

- **You can do mindfulness alone**
- **You can do mindfulness with your Partner & Spouse**

- **You can do mindfulness with your Children, Family, Relatives, and Friends**
- **You can mindfulness in your church, temple, mosque, centre**
- **You can do mindfulness in Mindfulness Events**
- **You can do Mindfulness in Groups**
- **You can do Mindfulness in Nature**
- **You can do Mindfulness in Parks**

The Spiritual Benefits of Mindfulness

1. Increased Inner Peace

Mindfulness fosters a sense of inner calm by helping individuals detach from negative thoughts, worries, and distractions. By focusing on the present, practitioners experience a greater sense of peace and tranquillity.

2. Heightened Awareness and Presence

A mindful approach to life allows individuals to be more aware of their surroundings, thoughts, and emotions. This heightened awareness deepens one's spiritual connection, making everyday experiences more meaningful.

3. Deepened Connection with the Divine

For those on a spiritual path, mindfulness can serve as a form of meditation or prayer, creating a direct connection with a higher power or the universe. By quieting the mind, individuals become more receptive to divine guidance and insight.

4. Enhanced Gratitude and Appreciation

Mindfulness encourages an attitude of gratitude by shifting attention to the present moment and the blessings in life. This gratitude can lead to a more profound sense of fulfillment and joy.

5. Reduced Ego and Increased Compassion

Through mindfulness, individuals can observe their thoughts without attachment, leading to a reduction in ego-driven desires and judgments. This fosters humility, kindness, and compassion toward oneself and others.

6. Healing and Emotional Balance

Mindfulness promotes self-awareness and emotional regulation, helping individuals process past wounds and traumas. By being present with emotions without

judgment, healing and spiritual growth become possible.

7. Greater Sense of Purpose

By aligning thoughts and actions with present-moment awareness, mindfulness can help individuals gain clarity about their life's purpose. This sense of direction enhances spiritual fulfillment and personal growth.

8. Strengthened Intuition

A quiet and mindful mind is more receptive to intuitive wisdom. Practicing mindfulness can help individuals trust their inner guidance and make decisions that align with their highest self.

9. Liberation from Suffering

Many spiritual traditions emphasize mindfulness as a path to liberation from suffering. By observing thoughts and emotions without attachment, individuals experience greater freedom and enlightenment.

10. Harmony with Nature and the Universe

Mindfulness cultivates a deep appreciation for the interconnectedness of all life. By fully engaging with the present moment, individuals develop a sense of unity with nature and the cosmos.

Spiritual Practice 3 - Meditation

3) Meditation

Meditation Meaning - 1) the action or practice of meditating, 2) a written or spoken discourse expressing considered thoughts on a subject

How To Develop Spiritual Practice of Meditation

- **Find a Spiritual quiet place where you can be alone this could be a Park, Home, Centre**
- **Lay down a Mat on the floor and make yourself comfortable by sitting down on a mat**
- **Cross your legs, lay your hands & arms on cross legs, close your eyes, breathe slowly in & out**
- **As your eyes start to observe your thoughts & thinking**
- **It is important to just stay still and patient and allow your mind to think**
- **Make sure you're breathing slowly in & out in a gradual meditation process**
- **Watch your thoughts, understand your thoughts, Remain Presence**

- **Allow negative thoughts and positive thoughts to come to your mind and just observe**
- **•Be still & quiet**
- **Let your mind meditate and become silent & quiet**
- **In meditation, as your mind becomes still & quiet realize that thoughts & thinking a natural processes of the human mind**
- **In meditation get to the point where there is pure silence without thoughts or thinking through Meditation.**
- **When you finish your Meditation say Thank You to God & Nature for giving you space & time to connect.**

How long should your Meditation for?

- **Beginner:** Start with 5-10 minutes. This helps you get comfortable with the practice and build consistency without feeling overwhelmed.
- **Intermediate:** If you've been meditating for a while, you might extend your sessions to 15-30

minutes. This allows for a deeper state of relaxation and mindfulness.

- **Experienced:** Advanced meditators may meditate for 45 minutes to 1 hour or more, especially in silent retreats or intensive practices.

When should you do Meditation?

- **Meditation can be done anywhere you just have to be still, quiet, and consciously observe your thoughts & thinking.**
- **Meditation can be done when you feel anxious or overwhelmed
Meditation can be done when you're at home alone or with your partner, friends, children, or spouse.**
- **Meditation can be done in Meditation Retreats & Community Events with other people.**
- **Meditation can be done in Groups & Communities**
- **Meditation can be done when you're in Nature or Park, Centre, Template**
- **Meditation can be done to help concentration & focus**

- **Meditation can be done to improve Spirituality & Faith**
- **Meditation can be done to connect with God & Spiritual realms**
- **Meditation can be done with Spiritual Teachers**
- **Mediation can be done to find Enlightenment, Knowledge, Wisdom**
- **Meditation can be done to develop intuition & instincts**
- **Meditation can be done to connect to Divinity & Nature**
- **Meditation can be done to stop overthinking & ruminating**
- **Meditation can be done to help with relaxation**
- **Meditation can be done to find Spiritual Guidance**

How Should I Do Meditation?

- **You can do meditation alone**
- **You can do meditation with your Partner & Spouse**
- **You can do meditation with your Children, Family, Relatives, and Friends**
- **You can meditate in your church, temple, mosque, centre**

- **You can do meditation in Meditation Retreats & Community Events**
- **You can do Meditation in Groups & communities**
- **You can do Meditation in Nature**
- **You can do Meditation in Parks**
- **You can do Meditation at Gyms**

The Spiritual Benefits of Meditation

1. Inner Peace & Calmness

Meditation helps cultivate a deep sense of peace and stillness, reducing inner turmoil and promoting emotional balance.

2. Heightened Awareness & Mindfulness

It enhances self-awareness, allowing you to observe thoughts and emotions without attachment, leading to greater clarity and insight.

3. Deeper Connection with the Divine

Many spiritual traditions use meditation to connect with a higher power, the universe, or one's inner soul, fostering a sense of unity and divine love.

4. Expansion of Consciousness

Meditation can lead to transcendent experiences, helping individuals access

higher states of consciousness and spiritual enlightenment.

5. Strengthening Intuition

By silencing the mind, meditation enhances intuition and inner wisdom, helping with decision-making and personal growth.

6. Healing & Emotional Cleansing

It aids in the release of past traumas, negative emotions, and karmic patterns, leading to greater emotional and spiritual healing.

7. Development of Compassion & Love

Practices like Loving-Kindness Meditation (Metta) foster unconditional love, empathy, and kindness toward oneself and others.

8. Dissolution of Ego & Attachment

Meditation helps in recognizing the impermanence of thoughts, emotions, and material desires, leading to a more liberated and detached way of living.

9. Greater Sense of Purpose & Meaning

It aligns individuals with their true purpose, bringing a sense of fulfillment and direction in life.

10. Enhancement of Energy & Vibrations

Many believe that meditation raises one's vibrational frequency, attracting positivity, abundance, and spiritual growth.

Spiritual Practice 4 - Journaling

4) **Journaling**

Journaling Meaning - write in a journal or diary

How To Develop Spiritual Practice of Journaling

- You would need to buy a Journal which has line paper in which you can write down words into
- Find a quiet room with a table where you can put down the journal and start writing in the journal.
- Think about your thoughts, feelings, and emotions, and start writing them down in the journal.
- Think about your life, day, and week, and start writing down in the journal.
- Think about your successes & failures and write them down in the journal.
- Think about your dreams & desires and write them down in the journal
- Think about your future and write it down in the journal
- Use the journal to process any mental health difficulties or challenges you have been facing in your life

- Use the journal to write down what you want to become and your life goals
- Use the journal to process daily life
- Journalling is a way to connect to yourself and learn about yourself
- Think about things you have learned throughout your life
- Think about any self-reflection and write them down in the journal
- Journalling is a very spiritual therapeutic process
- Use the journal to process your legacy and what you want to leave behind
- Once you have written down the core things you want to think about in your journal then you can Thank God & Nature for giving you space & time to reflect

How long should you Journalling for?

- **Beginner** - You should Journal for 5 - 10 minutes per day
- **Intermediate:** - You should journal for 15 - 20 Minutes per day
- **Experienced** - You should journal for 30 minutes - 1 hour per Day
- **Advanced** - You should journal for 1.30 hours

When should you do journaling?

- You should do a journal when you need to record your daily life
- You should do a journal when you need to write down your life goals
- You should journal when you feel anxious or depressed
- You should do a journal when you want to spend time on self-reflection
- You should do a journal when you want to write down dreams & desires
- You should do a journal when you want to plan for the Future
- You should journal when you are alone
- You should journal in the Morning, Afternoon, and Evening
- You should journal when you need to find answers to life problems
- You should journal when you need spiritual guidance
- You should only do a journal for personal & spiritual reasons
- You should do a journal to process thoughts, feelings, emotions

How Should I Do Journaling?

- You can do Journal alone

- **You can do a Journal on Spiritual Retreats**
- **You can do a Journal in Nature**
- **You can do a Journal in Parks**
- **You can do a Journal in Groups**
- **You can do a Journal in the Church**
- **You can do a Journal in Temple**
- **You can do a Journal in Schools, Colleges, and Universities**
- **You can do a Journal in Communities**
- **You can do a Journal in Journalling Groups**

The Spiritual Benefits of Journalling

1. Enhanced Self-Reflection

Writing in a journal acts as a mirror to your soul, reflecting your deepest thoughts and emotions. This daily practice can illuminate often-overlooked aspects of your psyche, leading to enhanced self-awareness and introspection. By carving out time to document your feelings, you can better understand your inner landscape, facilitating spiritual growth.

2. Clarification of Thoughts

Turning thoughts into words clarifies your thinking. Daily journaling serves this

purpose, helping you process complex emotions and ideas, leading to clearer understanding and decision-making.

3. Goal Setting and Tracking

Journaling provides a structured way to set and monitor spiritual goals. Documenting your aspirations and progress keeps you accountable and motivated. By consistently revisiting your goals, you align more closely with your spiritual mission and purpose.

4. Building Resilience

Recording your spiritual challenges and how you overcome them can build resilience. Re-reading past entries where you've persevered can provide inspiration and strength for future obstacles, fortifying your spiritual resolve.

5. Fostering Creativity

Keeping a spiritual journal is a creative and mind-opening process, allowing you to tap into your imagination and explore new ideas. By regularly recording your thoughts and experiences, you may find that you become more in touch with your creativity and are better able to express yourself in a creative way.

6. Deepening Connection with the Divine

Journaling creates the silence needed to encounter God or the Spirit. Our homes are often filled with nonstop noise from various sources. Journaling offers a quiet space to reflect and connect with the divine.

7. Developing Compassion and Empathy

When you journal about interactions with others, you cultivate empathy by considering different perspectives and motivations. This practice bolsters your compassion, a core component of many spiritual paths, by encouraging you to understand and connect with others more deeply.

Spiritual Practice 5 - Walking

5) Walking

Walking Meaning - 1) move at a regular pace by lifting and setting down each foot in turn, never having both feet off the ground at once

1) guide, accompany, or escort (someone) on foot

How To Develop Spiritual Practice of Walking

- **Find a Park or Nature Area where you can find a place to walk**
- **Start walking**
- **As you walk observe Nature, Animals, Humans, the Universe**
- **As you walk feel your feet, and legs moving as your walking**
- **Start to connect to the environment and nature**
- **As your walking connect with your breathing and Breathe**
- **As you walk start to feel the energy within your Body**
- **As you walk start to connect with your thoughts, feelings, emotions**
- **Enjoy the walking and keep moving forward**

- **Once you have walked and finished your walk say Thank You to God & Nature for your experiences in walking.**

How long should you Walking for?

- **Beginner** - You should Walk for 10 - 15 Minutes per day
- **Intermediate:** - You should Walk for 30 - 45 Minutes per day
- **Experienced** - You should Walk for 1 hour per day
- **Advanced** - You should Walk for 2 hours per day

When should you do Walking?

- **You should do Walking when you are alone**
- **You should do Walking when you're with Family, Friends, Relative**
- **You should do Walking when you're with Partner, Spouse**
- **You should do Walking when you are with a Group**
- **You should do Walking when you're in a Walking Group**

- You should walk when you want to exercise
- You should Walk when you are tired & fatigued
- You should go Walking in the Morning, Afternoon, and Evening
- You should do Walking to connect with Nature & God
- You should do Walking for Self-Healing
- You should do Walking with Spiritual Liberation

How Should I Do Walking?

- You can walk alone.
- You can do Walking on Spiritual Retreats.
- You can do Walking in Nature.
- You can do Walking in Groups.
- You can do Walking in the Mountains
- You can do Walking in Riversides
- You can do Walking in Walking Groups

The Spiritual Benefits of Walking

1) Meditation and Reflection

- **Walking provides a peaceful environment conducive to reflection and meditation. The rhythmic nature of walking can help you enter a meditative state, allowing space for spiritual contemplation and listening to your inner self.**

2) Connection with Nature

Walking outdoors immerses you in the natural world, fostering a sense of awe and gratitude. This connection can deepen your appreciation for the environment and your place within it, enhancing your spiritual awareness.

3) Enhanced Creativity and Problem-Solving

The movement seems to encourage dialogue and conviviality, leading to richer conversations with soul mates, friends, and even strangers. Artists report that walking activates the imagination and opens up the creative process.

4) Social Connection

Walking with others can provide social support and an emotional lift. There's something about walking and talking together that fosters deeper connections and shared experiences, contributing to a sense of community and belonging.

5) Spiritual Practices

Throughout history, walking has played an enormous role in the devotional life of people from all the world's religions: prayers and mantra practice while walking, pilgrimage to sacred sites, walking the labyrinth, walking meditation, and informal spiritual practices that make the most of strolling, sauntering, or cavorting.



Chapter 3 - Spiritual Change

This is the most important chapter in this spiritual book. I am going to talk about Spiritual Change and understanding why Spiritual Change is so important within life.

The Importance of Spiritual Change

- Spiritual Change is important because it helps you to Overcome the Self and Change into No Self
- Spiritual Change is importance because faith & spirituality helps you to change your life into helping other people & give back
- Spiritual Change is important because we need to Spiritual Change to live our Spiritual Life Purpose & Spiritual Calling
- Spiritual Change is Important because it give your Spiritual Freedom & Spiritual Liberation
- Spiritual Change is Important because faith & spirituality helps you to make Spiritual Contributions in helping other people & give back

- Spiritual Change is important because your faith & spirituality will live to Spiritual Eternity
- Spiritual Change is Important because it the only way you can live The Spiritual Legacy Now
- Spiritual Change is Important because it helps you to find meaning & value in a world & society which is corruption & destructive
- Spiritual Change is Important because this is the only way you can connect to Jesus Christ - Jehovah - Buddha
- Spiritual Change helps you to build a relationship with Jesus Christ - Jehovah - Buddha
- Spiritual Change is the only way you can Spiritually Help Other People & Give Back
- Spiritual Change is Important for Spiritual Transformation
- Spiritual Change is Important for Faith & Spiritual Development
- Spiritual Change is Important in Life

- Spiritual Change is Important to find Truth & Sacredness
- Spiritual Change is Important to find Spiritual Calling
- Spiritual Change is Important to discover Know Thyself - No Self
- Spiritual Change is Important to Overcome Suffering - Pain - Adversities
- Spiritual Change is Important in Eternity & Spirituality
- Spiritual Change is Important for Humanity - Animals - Universe
- Spiritual Change is Important to Overcome Selfishness "The Self"
- Spiritual Change is Important to help you find your Spiritual path in life
- Spiritual Change is Important to help you discover holiness & sacredness
- Spiritual Change is The Future
- Jesus Christ - Jehovah - Buddha want you to go through Spiritual Change so Humanity - Animals - Universe can find Salvation & be saved
- Spiritual Change is the key to Obedience

- Spiritual Change is Important for Compassionate, Love, Peace
- Spiritual Change is Important for Inner Healing & Spiritual Guidance
- Spiritual Change is Important for building Spiritual Resilience & Persistence
- Spiritual Change is Important for Spiritual Direction
- Spiritual Change is Important for Spiritual Transformation of The Self to No Self
- Spiritual Change lives on forever in Space & Time
- Spiritual Change is Eternal, Spiritual, Timeless
- Spiritual Change is how you discover the true meaning of life & universe
- Spiritual Change helps you to find Spiritual Truth
- Spiritual Change is Important for Jesus Christ - Jehovah - Buddha
- Spiritual Change is Important for Spiritual Freedom & Spiritual Liberation

- Spiritual Change is Important
Transcend the Self to No Self
- Spiritual Change is how we change
From Self to God
- Spiritual Change is how we change
From Self to Spiritual Energy
- Spiritual Change is important for The
Spiritual Life
- Spiritual Change is Important to
discover Truth Self, Eternal Self, No
Self

To the readers, spiritual leaders, spiritual seekers, spiritual creators we need to understand that Spiritual Change is the Future and we need to go through Spiritual Change to really help other people & give back.

The Spiritual Change become the most important thing in life because we need to Spiritual Change to live our Spiritual Life Purpose & Spiritual Calling. Everything in life is going toward the future and the Spiritual Change that we go through in Past - Present - Future will all depend on if we make a Choice & Decision to

Spiritual Change. As I talked about in the previous chapter about the 5 Spiritual Practices this can be a guide to go through Spiritual Change but there is no destination to this.

5 Spiritual Practice is the Spiritual Guide to help you Spiritual Change but we first must make a choice and decision to Spiritual Change.

Spiritual Change is so important in life because it free you from The Self to No Self and when you go through a Spiritual Change to become No Self your life is focus on helping other people & giving back. It is important to realise that Spiritual Change is the Future of life and Jesus Christ – Jehovah – Buddha want you to go through a Spiritual Change to help Humanity – Animals – Universe to find Salvation.

Spiritual Change is how your life transform from The Self into No Self

We must all desire and want to go through Spiritual Change because it is

important to Jesus Christ – Jehovah – Buddha.

If we make a choice & decision to Spiritual Change we are forgetting about our past lives, Suffering, Pain, Adversities we have been through as human being and find a way to Overcome the Self so we can live our spiritual divine Truth Self of No Self.

Jesus Christ – Jehovah – Buddha want us all to better humanity – animals – universe in some way for future generations.

That why the most important thing we can discover is **Spiritual Change**

The Spiritual Path (The Process of Spiritual Change)

This is the process of the Spiritual Path

1. The Self

2. Suffering – Pain – Adversity

**3. Overcoming Suffering – Pain –
Adversity**

- 4. Spiritual Transformation & Spiritual Awakening**
- 5. Spiritually Helping Other People**
- 6. No Self**
- 7. Spiritual Change**
- 8. Faith & Spirituality**
- 9. Religions (Christianity - Buddhism - Hinduism - Sikhism - Muslim - Judaism -Taoism)**
- 10. Jesus Christ - God - Buddha**
- 11. From No Self to God**
- 12. Spiritual Freedom & Spiritual Liberation**
- 13. Spiritual Truth & Eternity**

To understand the Important of Spiritual Change I am going to list down all the things from The Self & No Self so you can see the difference between them.

The Self

- 1. The Self leads to Suffering**

2. The Self leads to destruction
3. The Self leads to Sin
4. The Self leads to Misery
5. The Self leads to conflicts
6. The Self leads to Death
7. The Self leads to Corruption
8. The Self leads to lying
9. The Self leads to dishonesty & no loyalty
10. The Self leads to the falling of Man
11. The Self leads to Life Problems
12. The Self leads to Adversities
13. The Self leads to Losing
14. The Self leads to Life challenges
15. The Self leads to hardships & disagreements
16. The Self leads to Selfishness
17. The Self leads to Mistakes

18. The Self leads to Guilty & Regrets
19. The Self leads to Jealousy
20. The Self leads to Pain
21. The Self leads to Misfortune
22. The Self leads Hell
23. The Self leads to Eternal Suffering – Pain – Adversities

No Self

No Self has lots of Spiritual Definition to it which I will explain in this spiritual book.

- 1) No Self means a Spiritual Change of No More Self (NO SELF)
- 2) No Self means you Know thyself (Understand Yourself as a Human Being)

- 3)No Self means you living a life of spiritual contributions in Spiritually Helping Other People
- 4)No Self means dying to Ego and yourself
- 5)No Self means a Spiritual Change of Spiritual Freedom & Spiritual liberation.
- 6)No Self Means Rebirth to the Non-Self (Spiritual Transformation)
- 7)No Self means Spiritual Change to Eternal self
- 8)No Self means ending to Suffering - Pain - Adversities
- 9)No Self means reborn & recreated by God

- 10) No Self means Spiritual Change
& Spiritual Transformation of Spiritual
Truth.
- 11) No Self Means the end of self
(No-Self)
- 12) No Self means Spiritual Change
to Spiritual Timeless Eternal State
- 13) No Self means living a life of
Spiritual Truth
- 14) No Self means Spiritual Change
of Mind - Body - Soul - Spirit
- 15) No Self means living your life to
Spiritually Help Other People
- 16) No Self means Spiritual
Contributions to Others
- 17) No Self means Spiritual Change
of Spiritual Faith

- 18) No Self means living your Spiritual Life Purpose & Spiritual Calling
- 19) No Self means Spiritual Connection to Jesus Christ, God, Buddha, Faith, Nature, Humanity, Animals, Universe, Reality
- 20) No Self means you have become Spiritual & Eternal
- 21) No Self means No Self is Spiritual Change to Spiritual Eternalism
- 22) No Self means Freedom from The Known
- 23) No Self means Freedom from Death
- 24) No Self means Spiritual Selflessness
- 25) No Self means living in Heaven in Everyday Living

- 26) No Self means Spiritual Enlightenment & Spiritual Change
- 27) No Self means Living within the Future – No Self
- 28) No Self means "no self" (Anatta or Anatman) (Buddhism) refers to the doctrine that there is no permanent, unchanging essence or self in any phenomenon. It's not a denial of existence itself, but rather a denial of the notion of a fixed, independent, and enduring "self" or soul.

Now we can understand the difference between The Self & No Self

- The Self leads to Suffering – Pain – Adversities
- The No Self Leads to Spiritual Freedom & Spiritual Liberation in Spiritually Helping Other People & Giving Back

THE ONLY WAY TO CHANGE FROM THE
SELF TO NO SELF IS SPIRITUAL CHANGE





As we can see from these images that Spiritual Change is the most important thing from changes from The Self to No Self.

**WITHOUT GOING THROUGH
SPIRITUAL CHANGE TO CHANGE
FROM THE SELF TO NO SELF YOU
WILL NEVER EVER BE ABLE TO
SPIRITUALLY HELP OTHER PEOPLE OR
GIVE BACK**

THE SELF - SPIRITUAL CHANGE - NO SELF

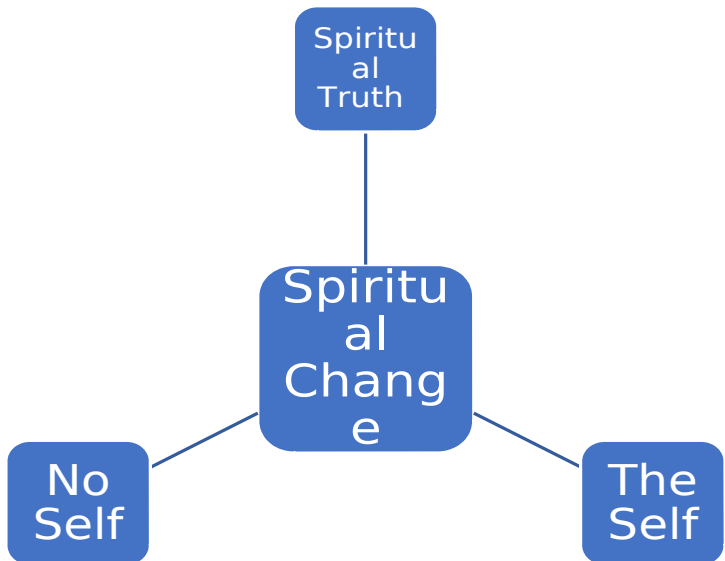
Why You Need to Spiritual Change

- You need to Spiritual Change to become No Self & Selfless
- The Spiritual Change is the Spiritual Transformation in Human Beings
- Spiritual Change is the way you are able to Spiritually Help Other People
- Why you need to Spiritual Change is because Jesus Christ - Jehovah - Buddha want you to contribute
- You cannot discover your Spiritual Calling & Spiritual Life Purpose without Spiritual Change
- Spiritual Change is the Future in Humanity - Animals - Universe
- True Spiritual Knowledge & Wisdom comes from Spiritual Change
- You will not be able to totally wholly understand yourself without Spiritual Change
- You cannot help other people and give back with Spiritual Change

- Why you need to Spiritual Change because this will help you find faith & spirituality
- Why you need to Spiritual Change because you need to discover Spiritual Truth
- Why you need to Spiritual Change is because you need to Overcome the Self
- Why you need to Spiritual Change is because you need Faith & Spirituality to Spiritually Teach others
- Why you need to Spiritual Change is because you need Anointing before you can Spiritually help other people & give back
- Spiritual Change is Spiritual Awakening
- Spiritual Change is Spiritual Freedom & Spiritual Liberation
- Spiritual Change is the only way you discover the No Self & Selflessness
- Spiritual Change is the only way you can Spiritually Help Other People
- Spiritual Change is the only way you enter Spiritual Eternity

- Spiritual Change is the only way your Faith & Spirituality can enter Heaven & Spiritual Realms
- Spiritual Change will help you to discover Know Thyself (No Self)
- Spiritual Change is the only way you can discover Holiness & Sacredness
- Spiritual Change is the only way you understand God Will
- Spiritual Change is the only way you understand God Mind
- Spiritual Change is Spiritual Love

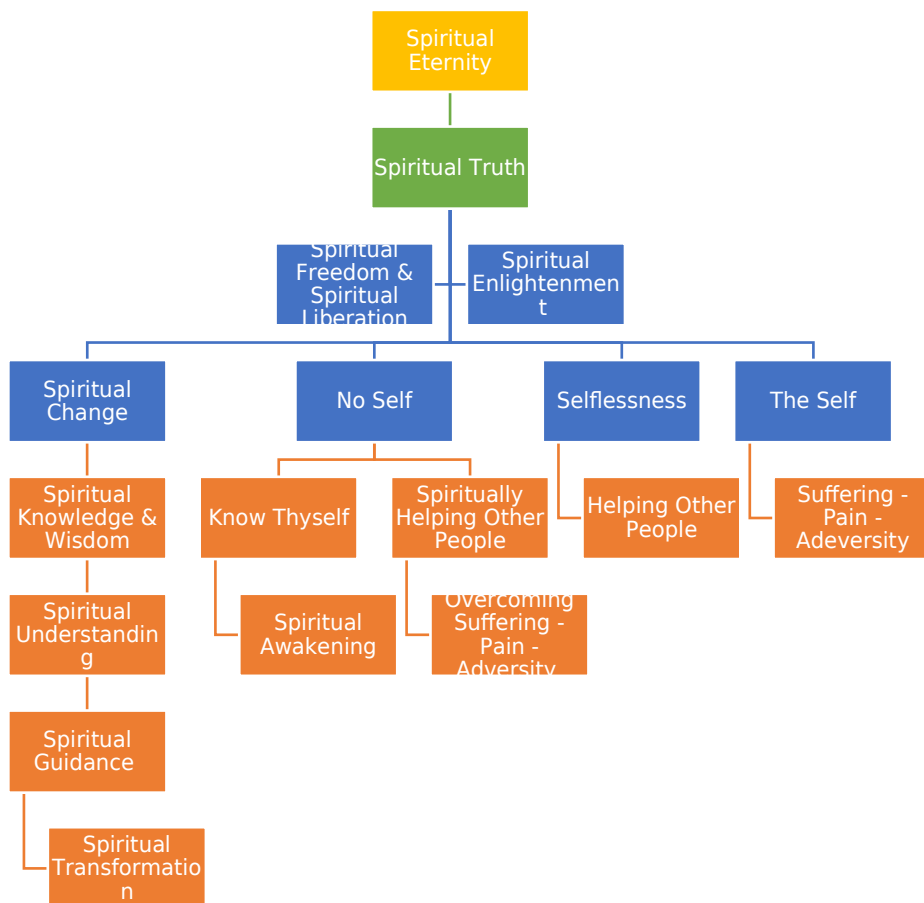
If you want to help other people & give back then you need to go through a Spiritual Change to be able to Spiritually Help Other People. Spiritual Change is what Jesus Christ – Jehovah – Buddha want us all to go through as Human beings.





I want the readers, spiritual leaders, spiritual seekers, spiritual creators to learn that Spiritual Change is the only way your life changes because when you become spiritual & faithful you go through a Spiritual Transformation which changes your life from The Self to No Self.

The Spiritual Journey of Spiritual Change



When you go through a Process of Spiritual Change you find Spiritual Love &

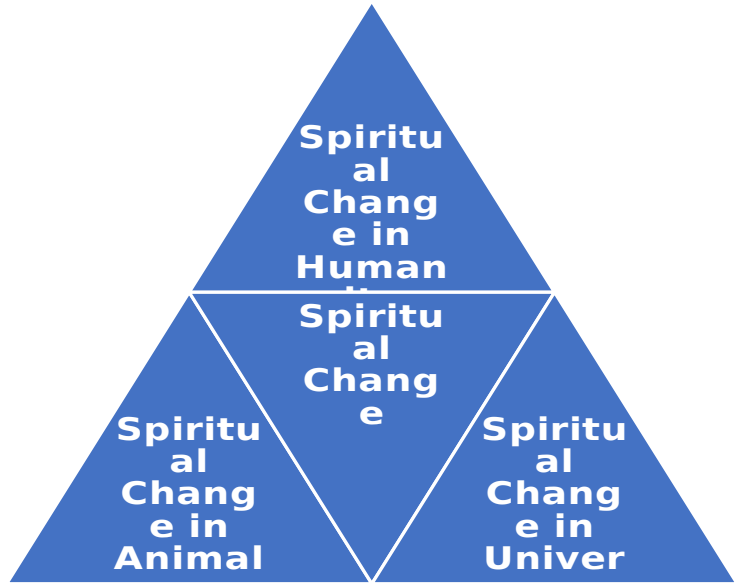
Spiritual Enlightenment which gives you the Spiritual Light, Spiritual Passion, Spiritual Dreams & Desires to Spiritually Help Other People & Give Back. Spiritual Change is the most important thing in Spiritual Life Transformation.

The Importance of Spiritual Change for Jesus Christ - Jehovah - Buddha

1. Jesus Christ - Jehovah - Buddha want all of Humanity to go through Spiritual Change
2. Jesus Christ - Jehovah - Buddha want all Humanity to Spiritually Contribute
3. Jesus Christ - Jehovah - Buddha want Humanity to Spiritually Help Other People
4. Jesus Christ - Jehovah - Buddha want Humanity to become No Self & Selflessness
5. Jesus Christ - Jehovah - Buddha want Humanity - Animals - Universe to Spiritual Change which is the true Spiritual Revolution

6. Jesus Christ – Jehovah – Buddha
want to End Suffering – Pain –
Adversities for all Human Beings
7. Jesus Christ – Jehovah – Buddha
want Humanity to follow Jehovah
Will & Jehovah Spiritual Purpose
8. Jesus Christ – Jehovah – Buddha
want Humanity to discover Faith
& Spirituality
9. Jesus Christ – Jehovah – Buddha
wants Humanity to go to Heaven
& Spiritual Realms
10. Jesus Christ – Jehovah –
Buddha wants Humanity –
Animals – Universe to enter
Spiritual Eternity

Please remember readers, spiritual
leaders, spiritual seekers, spiritual
creators that Jesus Christ – Jehovah –
Buddha want you to Spiritually Contribute,
find your Faith & Spirituality, Spiritually
Help Other People, Become No Self &
Selflessness.



Summary of Spiritual Change

- 1) Spiritual Change is the Future
- 2) Spiritual Change is how you Overcome Suffering - Pain - Adversities
- 3) Spiritual Change is how you Overcome the Self
- 4) Spiritual Change is the only way to become No Self & Selflessness
- 5) Spiritual Change is the only way to Spiritual Help Other People
- 6) Spiritual Change is the only way to holiness & sacredness

- 7) Spiritual Change helps to discover
Spiritual Enlightenment
- 8) Spiritual Change helps to discover
Spiritual Freedom & Spiritual
Liberation
- 9) Spiritual Changes helps to discover
Faith & Spirituality
- 10) Spiritual Change will make you
discover Spiritual Truth
- 11) Spiritual Change will connect you
to Jesus Christ - Jehovah - Buddha
- 12) Spiritual Change will Transform
your life from The Self to No Self
- 13) Spiritual Change is the way you
enter Spiritual Eternity
- 14) Spiritual Change Transcend
Space & Time

Chapter 4 - Spiritual Transformation

Spiritual Change is very important in Spiritual Transformation because when we go through a Spiritual Change with Spiritually Transform ourselves into a spiritual & faithful human being. Spiritual Transformation is the core key Spiritual Change we need in our lives if we want to work for Jesus Christ – Jehovah – Buddha. It is important to realise that human beings need to go through a Spiritual Change and Spiritual Transformation to become the No Self & Selflessness. It is important to realise that Spiritual Transformation is something that is Spiritual & Eternal and once we decide as human beings that want to go through a Spiritual Change then we can go on the process of Spiritual Transformation.

Spiritual Transformation Meaning -
Spiritual transformation refers to a profound change in a person's beliefs, values, and understanding of themselves and the world, often

involving a shift towards a more meaningful and purpose-driven life

Spiritual Transformation is a Spiritual Change of Beliefs, Values and Understanding of yourself and the world. It is important to realise that when we go through a Spiritual Change, we are truly going through a Change of The Self into No Self which because very important in Faith & Spirituality.

I am going to talk about now the Spiritual Changes that come from Spiritual Transformation

What are the Spiritual Changes that come from Spiritual Transformation

1. Overcoming of The Self
2. Becoming of No Self & Selflessness
3. Morals, Values, Beliefs go through a Spiritual Change
4. You become a Spiritual & Faithful Human Being
5. Your Characteristics, Behaviour, Mentality, Personality, Psyche will Spiritual Change

6. Discover Faith & Spirituality
7. Becoming Spiritual & Religious
8. Discovering Meaning & Value
9. Discovering your Spiritual Calling & Spiritual Life Purpose
10. Spiritual Awareness
11. Spiritual Knowledge & Wisdom
12. Spiritual Understanding & Spiritual Guidance
13. Ending of Suffering – Pain – Adversities
14. Ending of The Self
15. Spiritual Freedom & Spiritual Liberation
16. Understanding Spiritual Truth
17. Discovering Spiritual Enlightenment
18. Understanding of Suffering within Others
19. Becoming Vegan & Vegetarian
20. Discovering Spiritual Timeless Eternal State
21. Living Jehovah Will
22. Spiritually Helping Other People
23. Discovering Spiritual Contributions in Helping Other People

24. Know Thyself – (No Self)
25. Understanding Good & Evil
26. Understanding Positive & Negative
27. Understanding the World
Corruption & Destruction
28. Discovering Spiritual Teachings
29. Discovering Spiritual Education
30. Becoming the Spiritual
Revolution for Humanity
31. Becoming a Spiritual Evangelist
& Spiritual Activist for Spiritual
Change
32. Developing Love, Care,
Compassion, Kindness for Others
33. No Spiritual Seeking
34. Self-Knowing & Spiritual-Knowing

Benefits of Spiritual Transformation

- Spiritual Transformation helps you to become more Spiritual & Faithful
- Spiritual Transformation helps you to build a relationship with Jesus Christ – Jehovah – Buddha

- Spiritual Transformation helps you to Totally Wholly Understand Yourself as a Human Being
- Spiritual Transformation helps you to discover Jehovah Will
- Spiritual Transformation helps you to discover No Self
- Spiritual Transformation helps you to Overcome the Self
- Spiritual Transformation helps you to discover Spiritual Freedom & Spiritual Liberation
- Spiritual Transformation helps you to become a Spiritual Leader
- Spiritual Transformation helps you to transcend Space & Time
- Spiritual Transformation helps you to find Spiritual Truth
- Spiritual Transformation helps you to Spiritually Help Other People
- Spiritual Transformation helps you find Spiritual Enlightenment
- Spiritual Transformation helps you to become Vegan & Vegetarian
- Spiritual Transformation helps you to find Meaning & Value

- Spiritual Transformation helps you to understand life
- Spiritual Transformation helps you to change your Psyche & Psychological Mind





Spiritual Transformation is the way you change from The Self to No Self because you have to transform your Suffering - Pain - Adversity to become the No Self.

Spiritual Change is a very difficult process to through but can have very spiritual rewards if you decide to transform your

life and go through Spiritual Transformation.

I want to encourage the readers, spiritual leaders, spiritual seekers, spiritual creators that Spiritual Transformation will come at a price but it is worth paying the price to go through the Spiritual Transformation.

I am going to write some of the prices you will need to pay to go through Spiritual Transformation

The Price you will need to pay to go through Spiritual Transformation

1. Losing Yourself as a Human Being
2. Losing
3. Sacrificing
4. Suffering
5. Dying to Self
6. Dying To Ego
7. Forgetting Materialism
8. Spiritual Change your Daily Living
9. Stopping Sinning

10. Stopping Pursing Money & Materialism
11. Losing Family, Friends, Children
12. Losing Spouse, Partners, Relationships
13. Giving Up Secular Work
14. Giving Up Jobs, Careers, Employment that don't help other people
15. Spiritual Changing to Help Other People & Give Back
16. Losing of Homes & Possessions

What can happen to you when you go through Spiritual Transformation

- You may go through Suffering - Pain - Adversities
- You may lose something precious to you
- You may lose yourself as you're going through Spiritual Awakening
- You will be tested on Spiritual Trials & Tribulations
- You will rediscover yourself as a Human Being
- You will go through Dying of the Self

- You will go through Dying of the Ego
- You will discover your Spiritual Life Purpose
- You will discover your Spiritual Calling
- You will go through a Spiritual Change to Help other people
- You will have to Overcome Suffering – Pain – Adversities
- You will discover Spiritual Awakening & Spiritual Transformation
- You will discover Faith & Spirituality
- You will discover Spiritual Truth
- You will discover Spiritual Enlightenment
- You will understand Spiritually Helping Other People
- You will discover Spiritual Teachings
- You will develop Spiritual Learning & Spiritual Understanding
- You will develop Love, Compassion, Empathy, Kindness towards others
- Your Psyche & Psychological Mind will go through a Spiritual Change

The Importance of Spiritual Transformation

- You need to go through Spiritual Transformation to Overcome the Self to No Self
- You cannot Ending Suffering – Pain – Adversities without going through Spiritual Transformation & Spiritual Change
- Spiritual Transformation is important to discover meaning & value within life
- Spiritual Transformation is the only way you can Spiritually Helping Other People & Giving Back
- Spiritual Transformation is the only way to find Spiritual Freedom & Spiritual Liberation
- Spiritual Transformation is Important to develop Spiritual Knowledge & Wisdom
- Spiritual Transformation is the only way you can make Spiritual Contributions in Helping Other People & Giving Back
- Spiritual Transformation is importance to discover Spiritual Teachings

- Spiritual Transformation is important to discover Spiritual Truth
- Spiritual Transformation is important to discover holiness & sacredness
- Spiritual Transformation is Important to Ending of The Self
- Spiritual Transformation is important to become The No Self
- Spiritual Transformation is Important to Faith & Spirituality
- Spiritual Transformation & Spiritual Change that you will enter into Spiritual Eternity
- Spiritual Transformation is the important Overcoming The world & society
- Spiritual Transformation is the only way to Spiritual Change from Sin & Destruction
- Spiritual Transformation is the only way to stop corruption & destruction
- Spiritual Transformation is the only way to do Evangelism & Activism

Spiritual Transformation is very important in Spiritually Helping Other People &

Giving Back. It is so important to Spiritual Change and go through a Spiritual Transformation. I want the readers, spiritual leaders, spiritual seekers, spiritual creators to understand that Spiritual Transformation will cost you something to discover it because it very important for your Spiritual Calling & Spiritual Life Purpose.

The 5 Spiritual Practices can help guide you to Spiritual Transformation but It is just a guide as Human Beings we need to discover Spiritual Transformation for ourselves which is very important to realise.

I am going to write now the 5 Spiritual Practice



5 Spiritual Practices

- 1. Spiritual Practice 1 - Prayer**
- 2. Spiritual Practice 2 - Mindfulness**
- 3. Spiritual Practice 3 - Meditation**
- 4. Spiritual Practice 4 - Journalling**
- 5. Spiritual Practice 5 - Walking**

Spiritual Change will help you to go through Spiritual Transformation because the Spiritual Change is the key to Spiritual enlightenment which Jesus Christ - Jehovah - Buddha will give to you if you go through a Spiritual Change.

5 Spiritual Practices is very important to Spiritual Change & Spiritual Transformation.

I want you to understand readers, spiritual leaders, spiritual seekers, spiritual creators that Spiritual Transformation comes from Spiritual Change.

Summary of Spiritual Transformation

- Spiritual Transformation is important for Overcoming the Self to No Self
- Spiritual Transformation is the only way you can become the No Self
- Jesus Christ – Jehovah – Buddha want you to Spiritual Contribute
- Spiritually Helping Other People comes from Spiritual Transformation & Spiritual Change
- You have to pay a price to Spiritual Transformation & Spiritual Change
- 5 Spiritual Practices will help you to discover Spiritual Change & Spiritual Transformation

- Spiritual Transformation will help you to become Spiritual Enlightened
- Spiritual Transformation will End Suffering – Pain – Adversities
- Spiritual Transformation will help you discover Faith & Spirituality
- Spiritual Transformation will help you to discover Spiritual Freedom & Spiritual Liberation

Chapter 5 - Spiritual Education

Spiritual Change is very important in Spiritual Education and we need to go through a Spiritual Transformation to understand Spiritual Education.

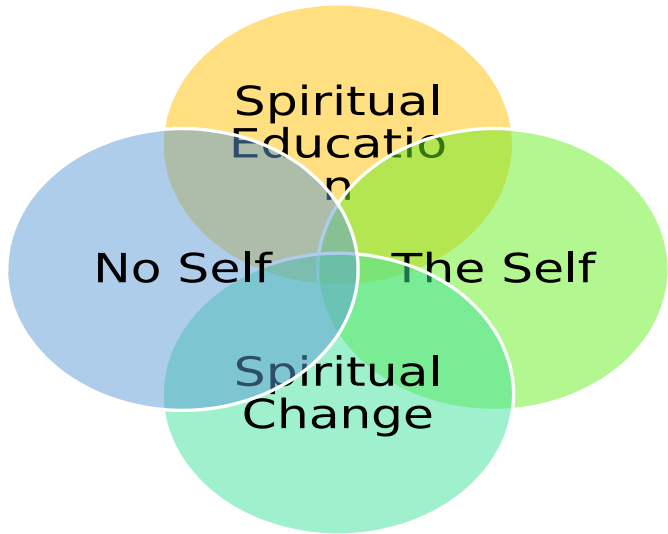
Spiritual Change is the Spiritual Awakening of Spiritual Education, Spiritual Learning, Spiritual Understanding, Spiritual Knowledge & Wisdom, Spiritual Guidance.

Jesus Christ - Jehovah - Buddha want you to Spiritual Change and learn about Spiritual Education.

It is important to realise that Spiritual Education is not taught by a Teacher, Guru, Philosopher who tell you what is Spiritual Education is. No. **We have to discover Spiritual Education for ourselves to learn what is Spiritual Education.**

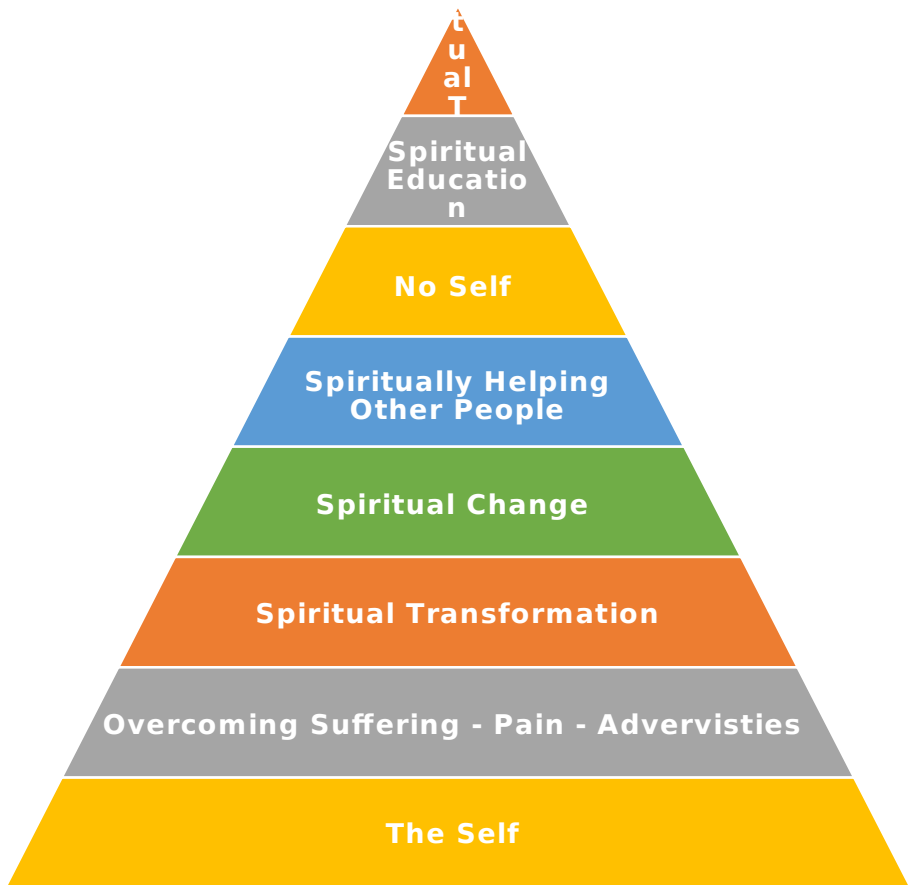
It is important when we go through Spiritual Change, we spend time in

Spiritual Learning & Spiritual Development.



Spiritual Learning is everyday from life and you learn new things everyday as your living. The important thing about Spiritual Education is that **learning is apart of living**. So, you need to Spiritually learn everyday to understand

Spiritual Education.



Spiritual Education cannot be learnt without Overcoming the Self and Spiritual Change to No Self. It is important to realise that Spiritual Change is important in Spiritual Education.

Spiritual Education cannot be taught this is very important to realise. Human Beings need to discover Spiritual Education to Spiritually Helping Other People & Giving Back.

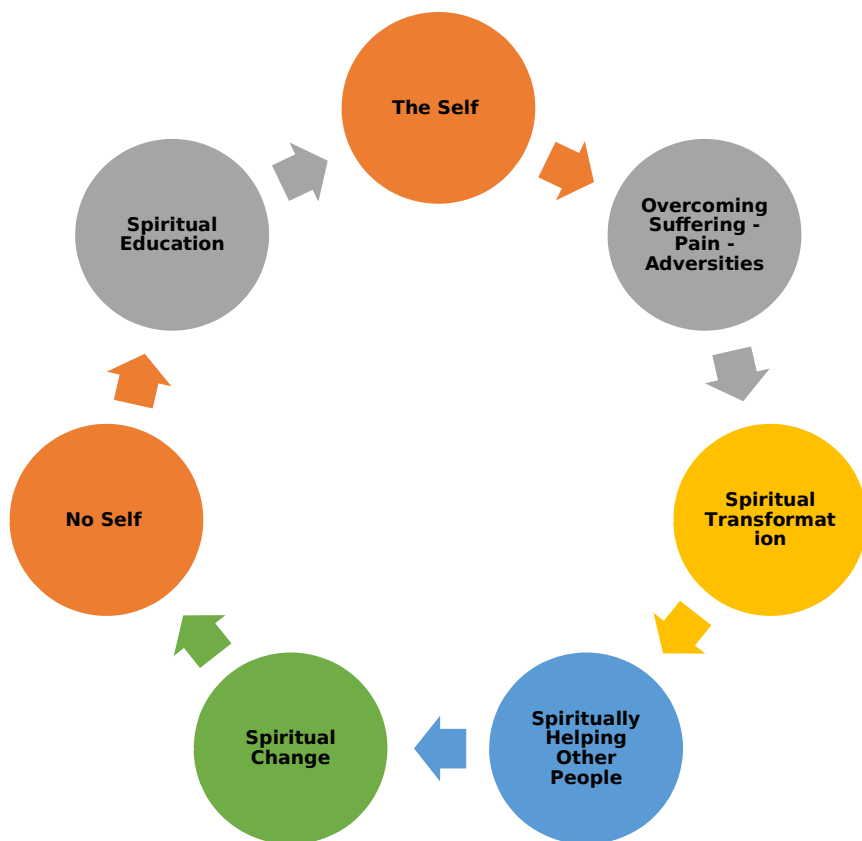
It is important to understand that Spiritual Change become the most important thing in Spiritual Education.

The Importance of Spiritual Education

- Spiritual Education cannot be taught you have to discover Spiritual Education
- Spiritual Change comes with Spiritual Education
- Spiritually Helping Other People is Spiritual Education
- Faith & Spirituality helps you to understand Spiritual Education
- Spiritually Helping Other People & Giving Back is very important
- Jesus Christ - Jehovah - Buddha want you to go through Spiritual Change to discover Spiritual Education

- You cannot Overcome the Self without Spiritual Education
- Discover No Self is important in Spiritual Education
- Spiritual Learning & Spiritual Understanding is the Secrets to Spiritual Change
- Spiritual Change is important in Spiritually Helping Other People
- Spiritual Contributions is about Spiritual Education
- Spiritual Learning & Spiritual Understanding is Daily
- Spiritual Education helps you to Spiritual Transformation
- Spiritual Knowledge & Spiritual Wisdom comes to human beings who discover No Self & Selflessness
- You have to Overcome the Self to become No Self to understand Spiritual Education
- Spiritual Learning is a Spiritual Process of Daily Living
- Spiritually Helping Other People is Meaning and Value

- Spiritual Education is Spiritual Learning & Spiritual Understanding
- Spiritual Education is Not Seeking



The Process of Spiritual Education

1. The Self - Suffering - Pain - Adversity

2. Overcoming Suffering - Pain - Adversities - Spiritual Awakening

- 3. Spiritual Transformation –
Spiritual Learning & Spiritual
Understanding**
- 4. Spiritually Helping Other People –
Helping Other People & Giving
Back**
- 5. Spiritual Change – Spiritual
Revelations & Spiritual
Revolution**
- 6. No Self – Know Thyself**
- 7. Spiritual Education – Spiritual
Teachings, Spiritual Learning**

Spiritual Education is a Process of Spiritual Learning & Spiritual Understanding which is daily. It is important to learn about Faith & Spirituality to discover Spiritual Education.

Jesus Christ – Jehovah – Buddha wants you to Spiritually Contribute to Helping Other People & Giving Back which become very important.

All of Spiritual Education & Spiritual Learning is met to show and teach you

about Spiritually Helping Other People & Giving Back.

Spiritual Contributions in Helping Other People & Giving Back is not to do with Money or Materialistic things.

Spiritual Contributions is to do with Helping Other People & Giving Back.

Spiritual Education become important to human beings who live the No Self & Selflessness

Until you have discovered No Self & Selflessness you cannot have Spiritual Education because it something which is not taught – You Discover.

Summary of Spiritual Education

- 1.** Spiritual Education is Not Taught
- 2.** Spiritual Education has to be discovered
- 3.** Spiritual Education is Spiritual Learning & Spiritual Understanding
- 4.** Spiritually Helping Other People is Spiritual Contributions

- 5.** Jesus Christ – Jehovah – Buddha
wants you to Spiritual Contribute
- 6.** Spiritually Helping Other People is
Spiritual Education
- 7.** Spiritual Helping Other People will
teach you about Spiritual Life
- 8.** Spiritual Education will show you to
Spiritual Contribute
- 9.** Spiritual Change helps to learn about
Spiritual Education
- 10.** Spiritual Education will help you
discover No Self & Selflessness
- 11.** Spiritual Education is a Process
- 12.** Spiritual Education is Spiritual
Truth
- 13.** Spiritual Education helps you to
Spiritual Teachings

Chapter 6 - Spiritual Knowledge & Wisdom

Spiritual Change is how we discover Spiritual Knowledge & Wisdom. It is very important to have Spiritual Knowledge & Wisdom if we want to Spiritually Help Other People & Give Back. Jesus Christ – Jehovah – Buddha wants us to have Spiritual Knowledge & Wisdom so we can do great works in the world & society. If we want to Spiritually Change the world & society we must go through Spiritual Change and become Spiritually Enlightened.

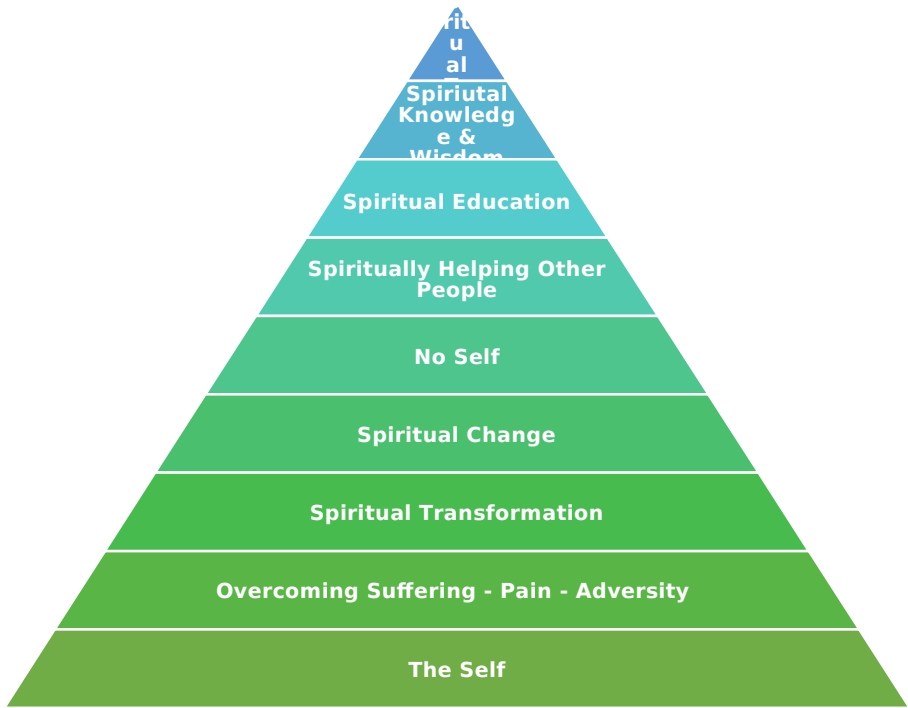
Spiritual Knowledge & Wisdom
Meaning - **Spiritual knowledge refers to understanding spiritual truths, principles, and the nature of reality, often gained through introspection, experience, and connection with the divine. Spiritual wisdom, on the other hand, is the ability to apply this knowledge with discernment, leading to right action, a deeper**

understanding of life's purpose, and a more fulfilling existence.

Spiritual Knowledge is understanding the Spiritual Truths, Values, Principles and Nature of Reality.

Spiritual Wisdom is applying Spiritual Knowledges in doing Spiritual Actions to Spiritually Change the world & society.





The Importance of Spiritual Knowledge & Wisdom

- Spiritual Knowledge & Wisdom makes you Spiritual Enlightened
- Spiritual Knowledge & Wisdom is very important in Spiritual Change
- Spiritual Knowledge & Wisdom makes you a Student of Life

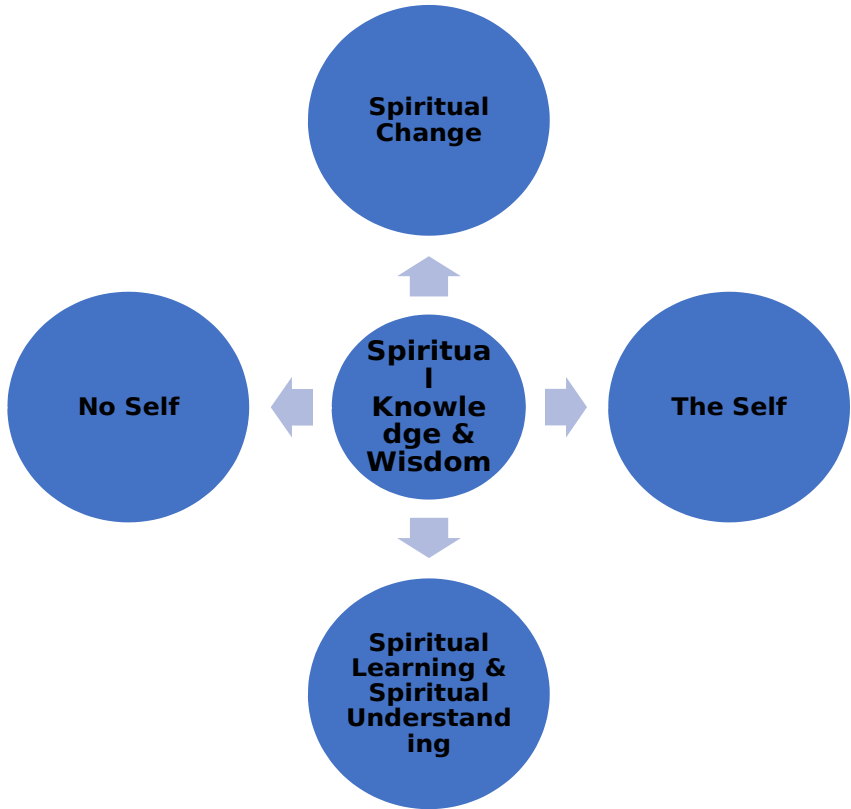
- Spiritual Knowledge & Wisdom helps you to do Spiritual Teachings
- Spiritual Knowledge & Wisdom helps to make you wiser and smart
- Spiritual Knowledge & Wisdom is Spiritual Truth
- Spiritual Knowledge & Wisdom is the Ending of Suffering – Pain – Adversities
- Spiritual Knowledge & Wisdom will help you to Overcome the Self
- Spiritual Knowledge & Wisdom connect you to Jesus Christ – Jehovah – Buddha
- Spiritual Knowledge & Wisdom is important for Spiritual Transformation
- Spiritual Knowledge & Wisdom is Important for Spiritual Change
- Spiritual Knowledge & Wisdom is the only way you can Spiritually Help Other People
- Spiritual Knowledge & Wisdom is the core of Spiritual Education
- Spiritual Knowledge & Wisdom is Spiritual Learning & Spiritual Understanding

- Spiritual Knowledge & Wisdom is Spiritual Freedom & Spiritual Liberation
- Spiritual Knowledge & Wisdom helps you to understand secrets of life
- Spiritual Knowledge & Wisdom is important for Spiritual Guidance
- Spiritual Knowledge & Wisdom is important to discover Faith & Spirituality
- Spiritual Knowledge & Wisdom make you more compassion, kindness, caring towards others
- Spiritual Knowledge & Wisdom is important in Know Thyself
- Spiritual Knowledge & Wisdom helps you to Totally Wholly understand yourself as Human Beings
- Spiritual Knowledge & Wisdom is the Spiritual Truth of Humanity – Animals – Universe
- Spiritual Knowledge & Wisdom changes you into Spiritual Teacher
- Spiritual Knowledge & Wisdom helps you to discover Jehovah Will

- Spiritual Knowledge & Wisdom helps you to discover Spiritual Calling & Spiritual Life Purpose

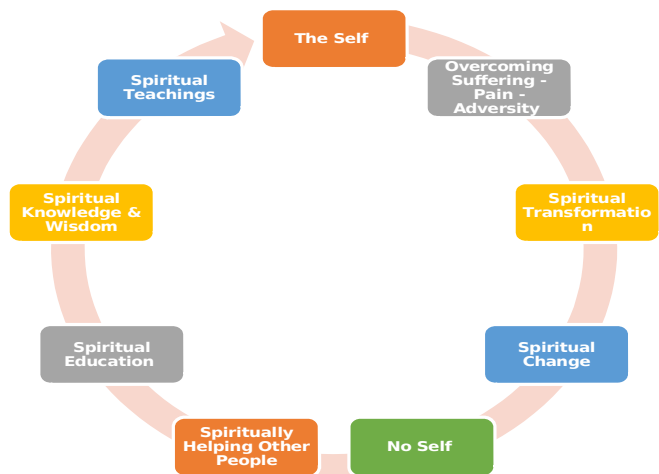
It is very important to discover Spiritual Knowledge & Wisdom because without Spiritual Learning and Spiritual Understanding we will never know Jehovah Will and our Spiritual Calling on earth.

Jesus Christ – Jehovah – Buddha want us to discover Spiritual Knowledge & Wisdom because we need to become the No Self and provide Spiritual Teachings to Humanity – Animals – Universe.





The Process of Spiritual Knowledge & Wisdom



- 1.The Self - Suffering - Pain - Adversity**
- 2.Overcoming Suffering - Pain - Adversity - Spiritual Awakening**
- 3.Spiritual Transformation - Ending of Suffering - Pain - Adversity**
- 4.Spiritual Change - Discovering No Self (Know Thyself)**
- 5.No Self - Understanding Yourself Totally Wholly as Human Being (Know Thyself) (No Self)**
- 6.Spiritually Helping Other People - Helping Other People & Giving Back**
- 7.Spiritual Education - Understanding of Reality, Life, Spiritual Truths**
- 8.Spiritual Knowledge & Wisdom - Spiritual Learning & Spiritual Understanding**
- 9.Spiritual Teachings - Teachings the Process of Spiritual Change (Rebirth) (No Self)**

Summary of Spiritual Knowledge & Wisdom

1. Spiritual Knowledge & Wisdom helps you to Overcome the Self
2. Spiritual Knowledge & Wisdom is the core to Spiritual Enlightenment
3. Spiritual Knowledge & Wisdom is Spiritual Truth
4. Spiritual Knowledge & Wisdom is Spiritual Freedom & Spiritual Liberation
5. Spiritual Knowledge & Wisdom is Spiritually Helping Other People
6. Spiritual Knowledge & Wisdom is Spiritual Learning & Spiritual Understanding
7. Spiritual Knowledge & Wisdom is Spiritual Education
8. Spiritual Knowledge & Wisdom is No Self (Know Thyself)
9. Spiritual Knowledge & Wisdom is Spiritual Change
10. Spiritual Knowledge & Wisdom will change you to Spiritual Teacher

11. Spiritual Knowledge & Wisdom is Spiritual Teaching
12. Spiritual Teacher Teach Faith & Spirituality
13. Spiritual Knowledge & Wisdom is what Jesus Christ – Jehovah – Buddha want as to experience
14. Spiritual Knowledge & Wisdom is Totally Wholly Understanding of Life & Reality
15. Spiritual Knowledge & Wisdom makes you a Student of Life
16. Spiritual Knowledge & Wisdom helps you to understand secrets of life
17. Spiritual Knowledge & Wisdom is important for Spiritual Guidance
18. Spiritual Knowledge & Wisdom is important to discover Faith & Spirituality
19. Spiritual Knowledge & Wisdom helps to make you wiser and smart
20. Spiritual Knowledge & Wisdom is important in Know Thyself

21. Spiritual Knowledge & Wisdom helps you to Totally Wholly understand yourself as Human Beings
22. Spiritual Knowledge & Wisdom is the Spiritual Truth of Humanity - Animals - Universe
23. Spiritual Knowledge & Wisdom is Understanding of Spiritual Eternity

Chapter 7 - Spiritually Helping Other People

Spiritual Change becomes the most important thing in Spiritually Helping Other People & Giving Back. If we really want to Spiritually Help Other People & Give Back then we need to really understand the importance of No Self & Selflessness.

Spiritual Change is important in Spiritual Contributions in Helping Other People & Giving Back. We really need to understand that the Spiritual Contributions in Helping Other People & Giving Back become very important to Jesus Christ – Jehovah – Buddha.

Spiritual Change is always about Helping Other People & Giving Back to people lives because that what Jesus Christ – Jehovah – Buddha want you to do for Humanity – Animals – Universe.

Spiritual Change is Faith & Spirituality in Helping Other People & Giving Back and what Jesus Christ – Jehovah – Buddha

want Humanity – Animals – Universe to go through is Spiritual Change.

Please understand readers, spiritual leaders, spiritual seekers, spiritual creators it really about Helping Other People & Giving Back to make a Spiritual Difference and Spiritual Contributions in Helping Other People & Giving Back

Jesus Christ – Jehovah – Buddha want you to go through Spiritual Change, you can become faithful & spiritual in Helping Other People & Giving Back.

Spiritual Change helps you to Spiritually Helping Other People & Giving Back.

Faith & Spirituality is very important to Jesus Christ – Jehovah – Buddha and you need to make a Spiritual Contributions & Spiritual Difference in Helping Other People & Giving Back.

I want to inspire the readers, spiritual leaders, spiritual seekers, spiritual creators now about the 5 Levels of Helping Other People.

5 Levels of Helping Other People is how
you live you're The Spiritual Legacy Now

Living The Spiritual Legacy Now is
Spiritually Changing into No Self &
Selflessness to Spiritual Contribute to
Helping Other People & Giving Back.

5 Levels of Helping Other People is a
Spiritual Process of Spiritual Change that
we need to go through to Spiritually
Helping Other People Now.

Spiritual Change is the Future of
Humanity - Animals - Universe

Jesus Christ - Jehovah - Buddha want us
all to make a Spiritual Difference and
Spiritual Contributions in Helping Other
People & Giving Back/

I want to teach the 5 Levels of Helping
Other People to show readers, spiritual
leader, spiritual seekers, spiritual creators
how importance Helping Other People &
Giving Back is to Jesus Christ - Jehovah -
Buddha.

Jehovah want us to Spiritual Change

5 Levels of Helping Other People



5 Levels of Helping Other People

Level 1 - Volunteering (Good Level in Helping Other People)

Level 2 - Jobs/Careers/Employment (Great Level in Helping Other People)

**Level 3 -
Business/Entrepreneurship
(Highest Level in Helping Other
People)**

**Level 4 - Spiritual/Faith (Spiritual
Level in Helping Other People)**

**Level 5 - Spiritually Helping
Other People Who Helping Other
People (Teaching Level in
Helping Other People)**

**Level 1 - Volunteering (Good
Level in Helping Other People)**

**The Importance of Helping Other People - Level 1
Volunteering**

Level 1 - Volunteering (Good Level in Helping Other People) is a very important level in helping other people because you're working for free or volunteering your time to support & help other people in what they are going through. Volunteering is the level 1 of helping other people and the best way to get work experience in helping other people. If you become a volunteer in helping other people you will gain so much invaluable work

experience in supporting and helping other people. The journey of the 4 levels of helping other people starts when you become a Volunteer. Volunteering has become one of the most rewarding and fulfilling roles to do in helping other people and many people really enjoy the work of volunteering as a part of daily life. Volunteering can become a massive part of your life and really make you feel joyful and happy. Volunteering can be something you do for the rest of your life if you find the right volunteering vocation for you to work in.

Volunteering is a way to find out what type of work you're really interested in and explore your options in the working vocation. Volunteering is always about helping other people in what they are going through with your time, money, work experience.

Volunteering is all about give back and doing good work to contribute to meaningful causes which will provide so much meaning and value in your personal and professional life. Working as a Volunteer is a great way to learn about the helping other people vocation and choose which path of helping other people vocation you want to work in. Right now, there is a massive need for volunteers to help other people in volunteering and give back is something which can give you time, work experience to work towards a mission and causes.

Volunteering connects to your spirituality, humanity, morals, values, beliefs and being a volunteering is the best way to enter the helping other people vocation. You

will learn so important skills, life lessons, qualities, abilities, characteristic, personality by doing volunteering work.

4 LEVELS OF HELPING OTHER PEOPLE

Volunteering work is focus on working for free and spending some of your time helping clients in their journey and recovery.

Volunteering is the start of 4 levels of helping other people and when you start volunteering and helping other people in what they are going through you discover the true passion and essence of helping other people.

Different Ways of How You can Level 1 - Volunteering to Help Other People

Volunteering is a great way to help other people and there are many ways in Volunteering where you can help other people. You can help other people as a Volunteer in:

- Hospital
- Community
- Charities
- Centre
- NHS
- Humanitarian
- Foundation
- Organization
- Companies

Volunteering has many different areas of where you can volunteer and gain real work experience in helping other people for experience.

- Mental Health
- Homelessness
- Criminal Justice System
- Psychology

- Occupational Therapy
- Life Coaching
- Counselling
- Mentoring
- Youth Work
- Social Work
- Housing
- Charities
- Foundation
- Causes
- Pastoral
- Church work
- Ministries
- Self-Development
- Personal Development
- Teaching
- Education
- Civil Services
- Government
- Politician

- Philosophy
- University
- College
- School

There is no right or wrong path to volunteer but the important thing dear readers I want you to realize in the 4 levels of helping other people the most important thing is that you help other people and give back. Whatever path you choose to help other people and give back make sure you take your time and really be clear on what really you are passionate about and what motivates you.

There are many ways of how to can apply for Volunteering roles just go on (Do It Org) <https://www.doit.life/> or <https://www.indeed.com/> or <https://www.charityjobs.com> and apply for Volunteering job opportunities.

The Pros & Cons of Level 1 - Volunteering in Helping Other People

Pros of Level 1 - Volunteering

- Volunteering is the key to learning because there are always careers and jobs where you can work for free and gain all of your work experience, skills, abilities within Volunteering.
- Volunteering helps you to develop core mindsets and skills, abilities which would help you in daily life and career progression. I am very passionate about showing the importance of volunteering and how it can make a very massive impact in your career development.
- Volunteering is a great way to meet new like-minded

people and build a true connection with clients

- Volunteering is very rewarding & fulfilling work to do
- Volunteering connects you to Humanity without thinking about material gain or finances
- Volunteering is great work experience if you never worked within your chosen field before
- Volunteering can help you to get Volunteer References from Organization, Charities, Foundations
- Volunteering will expand your Knowledge & Wisdom in Helping Other People
- Volunteering is a great way to Help Other People and Give Back
- Volunteering can help you to make a massive difference in people lives
- Volunteering can help you to develop skills & abilities in Helping Other People
- Volunteering is the core of communities, society, causes, foundations, charities
- Helping Other People as a Volunteer will help you within your Career & Employment Progression and Development
- Volunteering will help you to connect with Managers & Employers
- Volunteering can help you to create real rapport & connections with Employers & Managers
- Volunteering can help to build your reputation and credibility
- Volunteering teaches you true core values, principles, beliefs, morals in Helping Other People

Cons in Level 1 - Volunteering

- Volunteering means you're working for free and don't get paid for the work you do
- Volunteering can sometimes take time out of you working in Paid Employment & Paid Careers
- Volunteering is hard to do when you have Full Time Employment
- In Volunteering you can only work 4 - 20 hours per week and no room to work more hours
- Volunteering can sometimes become draining if

your helping vulnerable clients who have lots of complexes and difficulties

- Depending on what Volunteering you do you will need Emotional Resilience

4 LEVELS OF HELPING OTHER PEOPLE

- Sometimes you cannot help the clients the way you want to in Volunteering work
- Lack of Career Progression as a Volunteer
- Working from free as a Volunteer can sometimes be demotivating because you feel like your work should be paid for
- Policies comes when you work as a Volunteer
- Volunteering Is free labor of work and can sometimes be very hard work
- Volunteering can take time away from family, children, friends

Summary of doing Level 1 - Volunteering in Helping Other People

- Helping other people and giving back is all about learning and growing into the person you want to become that why I will always recommend that you start your working career and vocation by doing some volunteering and great practical work experience in your chosen field of interest.
- Volunteering really helps to build communities and societies all around the world and volunteering will be the key way you learn about helping other people. Please don't make the mistakes that most people do by just going into Paid employment without doing volunteering work first. It is important that you do the level 1 - Volunteering in helping other people.
- Volunteer working hours and shifts are normally from 4 - 20 hours per week depending on the number of days you choose to volunteer and work. Volunteering is the most important part of building the foundations to helping other people career path and vocation. Volunteering is the way you learn about helping other people and really how to work

within an organization and career.

- I believe to build a successful career in helping other people you need to make sure your foundations are stronger and you learn the key basic skills and abilities of helping other people. Volunteering is the work that expose you to the helping other people vocation and it is a great way to build your foundation of the career you want to go into.
- When you start helping other people for the first time as a Volunteer you learn so much about yourself and Volunteering work. I believe volunteering work help the individual to be a more passionate, compassionate, empathic, humble human being who really want to take care of people and do the amazing work of helping other people.
- Volunteering in helping other people give you the best work experience if you haven't had no work experience in helping other people or if you're a school leaver or graduate from university. Every successful career in helping other people starts with level 1 - Volunteering (Good Level in Helping Other People)

What You Can Learn from Level 1 - Volunteering in Helping Other People

These are some of the skills & abilities you can learn from being a Volunteer.

- Learn how to help other people and give back.
- Volunteering helps you to build the foundations in helping other people
- Gain invaluable work experience in your chosen career and vocation in helping other people
- Giving back something in your communities and societies

- Learn about your clients and organization in Volunteer
- Learn how to work for free as a Volunteer

- Gain amazing skills, abilities, knowledge, work experience from Volunteering
- Be a part of an amazing team of Volunteers
- Build professional work relationships with colleagues and managers
- Get references which will help you into Paid Employment
- Understand the essence of helping other people and Volunteering
- Help to develop your core morals, values, beliefs as a Volunteer

Level 2 - Jobs/Careers/Employment (Great Level in Helping Other People)

The Importance of Helping Other People - Level 2 Career/Employment

Level 2 - Careers/Employment (Great Level in Helping Other People) this is very important level in helping other people because your life work will be focus with the career and employment you choose to work in. Career/Employment is a very important part of Helping Other People & Giving Back. Helping Other People in Career/Employment is important for your self-development. You need to Helping other people within your career/employment which is a very important work to do. This is because you're earning a living from

helping other people and building your career and employment history in helping other people. The important thing about building a career/employment in helping other people is that you will be working 20 - 40 hours every week from Monday - Friday 09.00 - 17.00 and have the weekend as time off work. It is important to receive your Career/Employment in helping other people because you wouldn't be able to earn a living unless you learn how to help other people within your career/employment. This is not a job just to work in but a massive serious spiritual contribution and difference in helping other people.

If you don't choose the right career and employment in helping other people that you really want to do then you will become unfulfilled and very miserable working so many hours within no rewards of joy, fulfillment, happiness. Helping Other People within Career/Employment is not for money or personal gain but the importance of Helping Other People and making a difference.

It is important to start your career & employment by doing all the roles that will help you get to your dreams career & employment in helping other people. Don't make the mistake by skipping do jobs in your career & employment because you will miss skills, knowledge, abilities by doing that.

Working in a vocation in Career/Employment in Helping Other People is the most important work you will ever

do within your life.

The best way to start a successful career & employment in helping other people is by doing all the jobs on the way to your ideal future career & employment. This is very important to learn because

when you do all the jobs & careers before you realize your ideal future career & employment this will help you to build the skills, abilities, characteristics, personality in Helping Other People which cannot be learnt until you do all jobs and careers within your Employment Journey.

Helping other people works best when you work **step by step by step** in achieving your career & employment and each step you take more your closer to your career & employment.

Helping other people within your career & employment become your life work, life purpose, life vocation, life mission. That why we discuss working in level 1 - Volunteering (Good Level in Helping Other People) first before you make the leap to work in paid employment (Full Time or Part Time).

Helping other people within your career and employment because the right vocation in helping other people which cannot be rush and must be taken very seriously. Some people who want to help other people in paid employment skip volunteer work and just work as paid employee first but when you do that you miss the foundations level in helping other people. The best way to help other people is to go through the process of helping other people - **level 1** - **level 2** - **level 3** - **level 4**.

The 4 levels of helping other people will teach you need skills, knowledges, abilities in the journey. Remember

helping other people is a journey and not a destination. I want you to understand the importance of slowly and steady taking your time in helping other people & giving back because this is the process to achieve your dreams career & employment. Each of the 4 levels in helping other people must be a part of the life vocation in Helping Other People.

The way to build a successful career & employment in helping other people is to do entry level roles, immediate level roles, senior level roles, management level roles. Helping other people is always about going through the process you have to crawl before you can walk fully, just like in helping other people you got to do entry level roles before you can do managerial level roles.

Different Ways of How You can Level 2 - Career/Employment to Help Other People

There are many helping other people industries/organization/companies you can work in as a Paid Employee

- Mental Health
- NHS
- Homelessness
- Criminal Justice System
- Psychology
- Occupational Therapy
- Life Coaching
- Counselling
- Mentoring
- Youth Work
- Social Work
- Housing
- Charities

4 LEVELS OF HELPING OTHER PEOPLE

- Foundation
- Causes
- Pastoral
- Church work
- Ministries
- Self-Development
- Personal Development
- Teaching
- Education
- Civil Services
- Government
- Politian
- Philosophy
- University
- College
- School
- Prisons
- Consulting
- Corporate
- Foundations
- Religion
- Spirituality

Working in a Career/Employment in helping other people means you could be supporting difference types of people from Children, Young Adults, Adults, Older People. Depending on where you work and what organization you want to be a part of the client's base will be different.

To find Career/Employment in helping other people you can go on www.indeed.com, www.nhsjobs.com, directly on organization websites, looking from Jobs & Careers dictionaries of list of employers/organization, talk to friends and family who work in jobs/careers in helping

other people, Use LinkedIn to connect with employers & managers, Face to Face Interaction with employers and talk about your skills and abilities to employers.

Finding Career/Employment in helping other people will take time because they are a certain way in getting work, employment, jobs in helping other people. For example, you need to read the Job Description and the Personal Specification and answer all the key points that the employers want for the applicant who apply for this role. You would need to show examples and show your skills & abilities when it comes to key points of the Personal Specification for the job/career.

This would be very important for anyone who want to look for careers/jobs in helping other people. Once you developed the techniques of applying to Careers/Jobs applications then you can use this same technique in any careers/jobs you apply for.

I would encourage the reader to find a life vocation where you can become the person you dream to be and help other people in what they are going through. This would be very important for your self- development and personal development.

It important to have a good understanding of Humanity conditions when you want to work in Career/Employment in Helping other people.

- mental health difficulties
- learning difficulties
- mobility issues
- unemployment
- physical conditions
- disabilities
- social issues
- housing issues
- environmental issues
- educational issues
- religions & spirituality.

Pros of Level 2 - Career/Employment

- Life is about building the blocks that will help you get to your future self but working in a career & employment is the way you get there.
- Working in a Career/Employment in helping other people is very rewarding and fulfilling and you can really become the person you want to be through working a Career/Employment in helping other people.
- Your life vocation and spiritual calling is linked to the work you do day to day within your life and working a Career/Employment in helping other people really help you to build your legacy and career in a vocation which is about selfless service.
- Helping Other People is not just working in jobs/careers for money or material gain because this would not help you in finding the right career/employment for yourself. Your work should be something that connect with you and aligned

with you.

- I believe learning to help other people in a Career/Employment takes lots of learning and understanding because the clients you meet in your life work will have different types of conditions and circumstances.
- Career/Employment in Helping Other People helps you to be a livelihood and living
- Career/Employment in Helping Other People can transform your life completely
- Career/Employment in Helping Other People bring secure and safety
- Career/Employment in Helping Other People helps to build your work experiences
- Career/Employment in Helping Other People can change your spiritually
- Career/Employment in Helping Other People helps you to build connections with colleagues, staffs, managers, clients
- Career/Employment in Helping Other People bring you to your life purpose
- Career/Employment in Helping Other People is a Spiritual Calling
- Helping Other People is a full time Vocation which means you're always working for clients
- Helping Other People in Career/Employment helps you to continually help other people everyday
- You can learn about yourself when you help other people in Career/Employment
- Career/Employment in Helping Other People can grow your compassionate & empathy towards Helping Other People
- Consistently Helping Other People can connect you with Jesus Christ & God
- You develop your faith in Helping Other People can be life changing experience
- Helping Other People daily can grow your emotional, mental, spiritual life
- Helping Other People will make you learn about Humanity – Animals – Universe

4 LEVELS OF HELPING OTHER PEOPLE

- Career/Employment can help you develop skills & abilities
- Career/Employment help to build your morals, values, beliefs in Helping Other People
- Career/Employment in Helping Other People is very important for Self-Development
- Career/Employment in Helping Other People is the start of Spiritual Contributions

Cons in Level 2 - Career/Employment

- Helping Other People work can become a daily routine Monday - Friday 09.00 - 17.00
- It hard to change life vocation once you start working Career/Employment in Helping Other People
- You may not like all aspect of the Career/Employment work you do in Helping Other People
- You have to deal with Managements, Clients, Families, Politics in Career/Employment
- You may not like your Management, Boss, Employers
- You earn the same salaries and wages from Month - Month (Pay check to Pay check) every month
- There is a limit to your earning potential in Career/Employment
- It is hard to change Jobs if you don't have much work experience in Career/Employment
- You may want to change your organization ethics and culture but you don't have the authority to do this due to just being Employee and not being in Management
- You have a serious caseload of clients you work with which can become draining and tiring
- Listening to lots of client's life problems and life issues can become overwhelming and exhausting
- It is hard to progress in your Career/Employment without build the right skills and abilities for Managerial, Senior, Leadership Roles
- Working in Career/Employment can stop your Ambition and work ethic to start Business in Helping

Other People

- You can become frustrated and exhausted with pressure and stresses of working Part Time- & Full-Time work
- You can only earn finances between your contract hours of 20 – 40 hours per week which is limited
- You can work in the same life Vocation for 10 – 20 years without much variety and change in work you're doing
- Sometimes the work of Career/Employment can be tiring and overwhelming
- Sometimes you don't have time in the day to take regular breaks because your very busy
- There is so much work in Career/Employment in Helping Other People which always keep you Active & Busy

Summary of doing Level 2 - Career/Employment in Helping Other People

- I believe if you get some work experience first as a Volunteer and then slowly build your career/employment in helping other people then you will make a massive difference in people lives and really help the next generations of Humanity.
- Working in a Career/Employment in helping other people will take time and commitment because you will be spending a lot of time working with clients. I would recommend that you choose an organization and company where you see yourself working for more then 2 – 3 years within the organization/companies to get the work experience you need.
- Your life vocation is a very important part of life and you want to make sure your Career/Employment aligned to your belief, values, morals, principles you have about life and helping other people. Working in Career/Employment would be a life-long journey in helping other people and you will learn so much about yourself and the clients you support. The best thing about Career/Employment is that it gives you

Work Experience which you can use in any jobs and careers you choose to do.

- Find the right life vocation take time and sometimes you need to go through trials and tribulations before you find the right Career/Employment for you. It is important to realize that sometimes you

CHRISTOPHER LIAM ROSE

may need to change Jobs/Careers/Employment to go into the right career for yourself and it is ok to change your vocation and career path if you feel this is not the right career for you.

- Changes is also a part of Career/Employment and as you help other people and give back you need to be able to adapt to any changes that may come on your life journey. It is important to be openminded, Non-judgmental when helping other people in your Career/Employment because vulnerable people you will meet have severe struggles and life challenges they are experiencing.
- Being compassion and Empathic, helpful towards clients, non-judgmental, persistence, resilience is the way you will have a long Career/Employment in helping other people.
- The good thing about a Career/Employment in helping other people is that the more work experience you gain and the more people you support and help in their journey is the more money you can earn for your livelihood and living. Of course, we don't help other people because of money but if you have responsibilities and need financial income to support your family & children then it is possible to earn more money and help more people in their journey.
- Think about Career/Employment as a step-by-step journey of self-discovery and self-development. The more you learn about helping other people, study your vocation, do different roles in your careers & jobs is the better individual and human being you will become and you can double & triple your earning potential and Career Trajectory in a 2 - 10 years.
- Your work experience will help you to build your Career/Employment in helping other people you

don't need any formal education, diploma, degrees to work unless you want to become a qualified Doctor, Psychologist, Counsellor, Nurses, Occupational Therapist, Teacher, Social Worker.

- I would recommend to learn as much as you can about your chosen Career/Employment you want to do but remember your work experience and doing the work day to day will help you build your skills and abilities in helping other people.

What You Can Learn from Level 2 - Career/Employment in Helping Other People

These are some of the skills & abilities you can learn from being an Employee.

- Learn how to Help Other People & Give Back
- Build a Career & Employment in Helping Other People
- Build the work ethic and foundations in Helping Other People
- Develop your resilience and work ethic in Helping Other People
- Career/Employment leads you to your life purpose
- Career/Employment in Helping Other People Is Very Important
- Career/Employment in Helping Other People is Life Vocation
- Career/Employment in Helping Other People develops your Skills & Abilities in Work
- Career/Employment in Helping Other People build livelihood and living
- Career/Employment in Helping Other People leads to Spiritual Contributions
- Career/Employment in Helping Other People leads to life work
- You cannot skip the stages of level 1 - Volunteering to Level 2 - Career/Employment
- You can develop your faith and Spiritual in Career/Employment in Helping Other People

- Career/Employment in Helping Other People build your core values, morals, beliefs
- Career/Employment in Helping Other People is very important life vocation and spiritual work to do
- Career/Employment in Helping Other People helps you to learn and develop
- Career/Employment in Helping Other People give you work experience

You learn how to work with a Client Caseload in Helping Other People in Career/Employment

Level 3 - Business/Entrepreneurship (Highest Level in Helping Other People)

The Importance of Helping Other People - Level 3 Business

Level 3 Business (Highest Level in Helping Other People) is the highest level in Helping Other People. Working in a Business in Helping Other People is very important and something that everyone must desire to do within their life vocation. The reason why working in a Business in Helping Other People is so important because you are able to do the work you really want to do in the world & society and the work is limitless to the potential of your serving & giving towards others. Business in Helping Other People can give you the opportunity to earn a massive living and you can support yourself financially without having to work in 9 - 5 Jobs or Career or Employment.

As an entrepreneur you are in control of your destiny and

work, and you can choose what you want to do in your life & time which is a spiritual freedom which you cannot get from working in Career & Employment.

Helping Other People in Business is a very great privilege and honor which makes you more humble and more spiritual. It is important to help other people in Business because clients can receive massive support in their journey whether it would be financially, morally, mentally, emotionally, physically, business, socially, educationally. You can learn so much from becoming an entrepreneur and working in a Business that help other people, which is great for self-development and spiritual development.

Level 3 Business is the highest level in Helping Other People because you can create your own future and become the person you envision yourself to be through hard work and good work ethics. Business is not something that everyone can do because they don't understand how to work in a business and own your own organization, cooperation, company.

It is important to realize if you want to really help millions and billions of people around the world and society then you need to focus on owning a business in Helping Other People. When you normally think of Entrepreneurs who help other people and give back, they are normally some of

the most spiritual and successful leaders in society because they really care for others and want to help other people.

If you have a desire to want to help other people and give back, then working in a business that supports and help other people should be your ultimate vision and life purpose. To be the person you want to be you need to be able to work for yourself and do the work that really matter to you. That why working in Businesses that Helping Other People can be your life work and spiritual transformation for your self-development and spiritual development.

Helping Other People in Business is super fulfilling and so rewarding because your helping other people the way you want to help other people and doing work that energize you and keep your motivated and alive. There is no better work then working from yourself and owning your own business. The successful leaders are all entrepreneurs & business owners.

If you have a spiritual desire to Helping other people, then working for yourself is the start of your life work and life vocation.

Business is not just about making lots of money and owning the biggest house, cars, materialistic things but Business can become a spiritual life vocation which help you to contribute to lots of people within the world & society and build a long-lasting legacy that live forever.

Some businesses are not cooperation because they are

not focus on money like Foundations & Charities which are non-profit and any of the money, they make within the business go back to the community and humanitarian work. Business is the way you choose what you want to do in life and fully live your freedom and life purpose without worry about finances, bills, material things.

Business is very important in Helping Other People because you can be able to transform millions and billions of people lives if that something you desires to do.

The work in Business is not like 9 - 5 jobs, careers, employment, you got to work for yourself as an entrepreneur and learn to work for living on your own terms.

Working in a Business in Helping Other People means you can help other people 24 hours a day in the way they would benefit your clients and customers. This is very important because in 9 - 5 jobs you are limited to 8 hours of work in Helping Other People.

Entrepreneurs are so passion about their businesses that they want to spend all their time working on business in Helping Other People and Giving back. It important to realize that Entrepreneurship & business ownership is the way to create the life you truly desire and dream of.

Entrepreneurship brings freedom - Business brings Power - Impact Brings Significance - Helping Other People Bring Legacy

The work you will do in your Business will become the most important work you do for yourself, your family, loves ones,

partner & spouse, children.

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Helping Other People is a spiritual life journey and doing the 4 levels of helping other people is the way you make your difference within the world & society, and it is important to realize that owning your own business is the start of true freedom and hard work.

I am not saying to get to the 3 level Business is everyone goal because some professionals are very happy with working a Career for 50 years in one organization. But if your someone with a special spiritual desire and you want to make a difference and want your name to be remember then working to Business is the way to go.

I believe we are all density to find work that fulfilled us and make us come alive and something the only way you truly find it is when you work for your dreams and desires and do work that matter to you.

I believe working in a Business in Helping Other People is the way to your dreams and desires and making thousands & millions of spiritual contributions.

There is a saying that a Journey of Thousand miles start with the first step. If you been reading through the book of the 4 levels of Helping Other People **Level 1** - **Level 2** - **Level 3** - **Level 4** then you're taking a spiritual journey of your dreams and desires.

Level 3 - Business is the Highest Level you can reach in Helping Other People and being an Entrepreneur/Business Owner is the way you get there.

The clients you will be working with in your Business will

be clients that you really want to work with and support on their journey.

Choose the right Business in Helping Other People is super important and must not take lightly, you spiritually you need to think what Business is right for you to do in Helping Other People & Giving Back.

Find the right clients & customers will be part of Businesses in helping other people which you would need to find and discover depending on what business you choose to go into.

I believe if you build a career in Helping Other People from the work you did in Volunteering & Career/Employment then it may be helpful to writing down all the things you have learnt and the skills, experience, abilities you have gain to help you find your right business to work in.

Some people are very creative & artistic so they need to be in a Business in Helping Other People where they can create content for example Audio, Books, Videos, Podcasts, Music, Webinars, Classes, Workshops, Presentation.

Some people are service focused so they need to be in a Business in helping other people where they can run their services & sell their products.

Some people are more leaders which focus on helping other people and their teams to make a massive contribution in world & society.

There is no right or wrong business to set up in Helping Other People the important thing is to choose a business which is right for you.

Understand what Business you want to create can be the most empowering thing you can ever do for yourself because you are learning about what is important to you in life and your values, morals, beliefs will change your perspective of what business you want to do.

Helping Other People is a Life Vocation and Choose a Business if a Serious Life Decision

I would recommend to the readers that you carefully think about the importance of your business and how you want to serve your clients and customers. Choosing the right business is very important and you must make the best decision for you and your family.

Level 3 Business (Highest Level in Helping Other People) is Spiritual life vocation and what you choose to create it up to you - Life Is What You Make It - Create a Business of your dreams and desires.

Some of the most successful people make the most massive impact - difference - contributions to Helping Other People.

Different Ways of How You can Level 3 - Business to Help Other People

There are many different businesses you can set up to Help Other People & Give Back and it is important to realize the Business you choose from the very beginning will be the business you put your heart into. It is

important to choose a business which is right for you and something that your very passionate about. Working in Business is exciting and when your helping other people this is very fulfilling and rewarding. Here are some of the businesses you can do in helping other people.

- Psychology
- Philosophy
- Science
- Medicine
- Health
- Yoga
- Science
- Clinics
- Hospital
- Centers
- Church
- Ministries
- Nursing
- Meditation/Mindfulness
- Prayer/Meditate
- Mental Health
- Youth Work
- Prisons Work
- Rehabilitation
- Foundations

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- Charities
- Schools
- College
- Universities
- Counselling
- Consulting
- Entrepreneurship
- Business
- Finances/Money
- Cooperation
- Life Coaching
- Mentoring
- Public Speaking
- Writing
- Online Business
- Social Media
- Influencer
- Homelessness
- Therapy
- Employment & Careers
- Drugs & Alcohol
- Philanthropist
- Real Estate
- Housing
- Social Enterprise
- Social
- Environment
- Corporate
- Freelancer
- Tutoring
- Teaching
- Spiritual
- Religions
- Pastoring
- Evangelism
- Ministering
- Preaching

- Healing
- Bible Studies
- Faith
- Authoring
- Sports
- Personal Training
- Fitness Instructor
- Youtuber
- Motivational Speaking
- Keynote Speaking
- Inspirational Speaking

- Online Education
- Music
- Teaching
- Lecturer
- Trading
- Investing

Business is the practice of making one's living or making money by producing or buying and selling products (such as goods and services). It is an activity or enterprise entered into for profit."

These are just some of the Businesses that Entrepreneur can start to help other people and give back.

To find information on how you can start a business and set up a business you can go on

<https://www.gov.uk/browse/business>,

<https://www.gov.uk/government/organisations/companies-house>

Different type of Business Structures/Ownership

A **sole proprietorship**, also known as a sole trader, is owned by one person and operates for their benefit. The owner operates the business alone and may hire employees. A sole proprietor has unlimited liability for all obligations incurred by the business, whether from operating costs or judgments against the business. All assets of the business belong to a sole proprietor, including, for example, a computer infrastructure, any inventory, manufacturing equipment, or retail fixtures, as well as any real property owned by the sole proprietor.

A **partnership** is a business owned by two or more

people. In most forms of partnerships, each partner has unlimited liability for the debts incurred by the business. The three most prevalent types of for-profit partnerships are general partnerships, limited partnerships, and limited liability partnerships.

Corporations' owners have limited liability, and the business has a separate legal personality from its owners. Corporations can be either government-owned or privately owned, and they can organize either for profit or as non-profit organizations. A privately owned, for-profit corporation is owned by its shareholders, who elect a board of directors to direct the corporation and hire its managerial staff. A privately owned, for-profit corporation can be either privately held by a small group of individuals, or publicly held, with publicly traded shares listed on a stock exchange.

A **cooperative** or co-op is a limited-liability business that can organize as for-profit or not-for-profit. A cooperative differs from a corporation in that it has members, not shareholders, and they share decision-making authority. Cooperatives are typically classified as either consumer cooperatives or worker cooperatives. Cooperatives are fundamental to the ideology of economic democracy.

Limited liability companies (LLC) and other specific types of business organization protect their owners or shareholders from business failure by doing business under a separate legal entity with

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certain legal protections. In contrast, a general partnership or persons working on their own are usually not as protected.

A **franchise** is a system in which entrepreneurs purchase the rights to open and run a business from a larger corporation.[10] Franchising in the United States is widespread and is a major economic powerhouse. One out of twelve retail businesses in the United States are franchised and 8 million people are employed in a franchised business.

Company limited by guarantee is commonly used where companies are formed for non-commercial purposes, such as clubs or charities. The members guarantee the payment of certain (usually nominal) amounts if the company goes into insolvent liquidation, but otherwise, they have no economic rights in relation to the company. This type of company is common in England. A company limited by guarantee may be with or without having share capital.

A **company limited by shares** is the most common form of the company used for business ventures. Specifically, a limited company is a "company in which the liability of each shareholder is limited to the amount individually invested" with corporations being "the most common example of a limited company." [12] This type of company is common in England and many English-speaking countries. A company limited by shares may be a

- publicly traded company or a - privately held company.

Pros of Level 3 – Business

- Business in Helping Other People give your spiritual freedom
- Working on your own terms is liberating
- Business in Helping Other People support you to achieve your dreams & desires
- Business in Helping Other People is important part of financial freedom
- You can become an entrepreneur and work on your own terms
- Business in Helping Other People is the highest level in Helping Other People
- You can choose when you want to work
- Flexible to live your life purpose & spiritual calling
- Able to reach your full potential as a human being
- You can help millions & billions of people worldwide
- There is no limit to how much of a difference you want to make in Helping Other People
- Business in Helping Other People helps to build a legacy
- You can become a true leader when you're an entrepreneur
- You have ownership of your business entity & equity
- You can empower others from your example of going for your dreams & desires
- Helping Other People will become your spiritual life vocation
- You can live your inspiration in Helping Other People
- You can build a true following for clients & customers for your business
- The freedom to make choices & decisions
- You can be your own boss
- Freedom to create what you want to see in the world & society
- Unlimited potential
- You can gain massive amount of Wealth

- Build an Empire & Business you love
- Live your passion every day running your own business

Cons in Level 3 - Business

- Lots of responsibilities
- Lots of Hard-working hours
- You need to do your own taxes in your business
- You are responsible for success & failure of business
- Hard to find clients & customers
- Less social life
- Hard to scale & grow business
- Top business failure statistics
 - 18.4% fail within the first year.
 - 49.7% fail within the first 5 years.
 - 65.6% fail within the first 10 years.
 - Only 25% make it beyond 15 years
- Most business fail to become massive businesses.
- It is very hard to build an empire & business.
- You need to hire staff & employees for business
- Cost lots of finances to operate
- You may not like your business you create
- Sleepless Nights
- Clients & Customers may not like your products & services
- Hard to market & promote business
- Attracting new clients & customers is difficult
- Lots of overheads and expenditure
- Take a long time to become an expert in your chosen field
- You need to be a good leader
- You need to follow your intuitions about choices & decisions
- Personal Life & Spiritual Life may be affected from long hours of work
- Maintaining and running business can become stressful

- You can get burned out very quickly
- You don't get paid if you don't work
- There no Annual Leave in running a Business
- No Financial support from organization or employers
- You have to learn how to work on your own terms
- Hard to find balance in schedule
- Less breaks and more work
- Less Holiday and more hard work

Summary of doing Level 3 - Business in Helping Other People

- Level 3 Business is the Highest Level of Helping Other People
- To help millions & billions of people you need to become an entrepreneur
- Entrepreneurship & Business Ownership is not for everyone
- Entrepreneurship is the way to true spiritual freedom
- Entrepreneurship is the way to Financial Freedom

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- Don't do a Business for just money but for the impact – difference – contribution you will make to helping other people
- Business is a Spiritual Life Vocation
- Everyone must desire & dream of owning a business that Help Other People
- You cannot reach your full potential unless you become an Entrepreneur & Business Owner
- Freedom is everything in Entrepreneur
- Discovering your talents, gifts, skills will become from working in Business & Entrepreneur
- The world is a mess up place and building a business in Helping Other People will not be easy to do
- Choose to Help Other People and your business will grow
- There is no limit to how many people you can help & support in Business & Entrepreneur
- Remember that most business fail in the first year so only get into business if your passion about it
- Passion is the heart of Business & Entrepreneur
- Working on your own terms is very rewarding & fulfilling
- Helping Other People will take all your energy & passion

What You Can Learn from Level 3 - Business in Helping Other People

- Business in Helping Other People is Everything
- Level 3 Business in Helping Other People is the Highest Level of Helping Other People
- Business is a Spiritual Life Vocation
- Finance & Money is important but your impact & difference in Others is more important
- Don't work for money

- Don't work for materialistic
- Passion in Helping Other People brings energy
- You can only reach your full potential when your Entrepreneurial
- Working for yourself is a privilege
- Freedom & Potential is in Entrepreneurship
- God & Jesus Christ want you to become an entrepreneur
- Business helps you to live your purpose everyday
- You can create your future in Business in Helping Other People
- Hard work is not effort to run a successful business
- Work ethic and persistence is key to helping other people in Business
- Build your resilience & emotional intelligence
- Helping Other People is Life Work
- Business & Spirituality connect together in Helping Other People

Level 4 - Spiritual/Faith (Spiritual Level in Helping Other People)

The Importance of Helping Other People - Level 4 - Faith/Spirituality

Level 4 - Faith/Spirituality is the (Spiritual Level in Helping Other People). The 4 Level of Faith & Spirituality is the most important level of Helping other people because you're working from Jesus Christ & God in helping other people and giving back. Level 4 - Faith/Spirituality is a very difficult level to reach because it takes lots of sacrifice and persistence to help other people within your faith & spirituality.

I believe that you don't need to be religious to help other people in Level 4 - Faith/Spirituality but your desire to work for Jesus Christ & God must be the most important thing in your life. It is important to realize that spirituality is very important in Helping Other People & Giving Back.

Faith & Spirituality is the essence of life and when someone decided they want to helping other people in Level 4 they are chosen to work on a Spiritual Life Vocation which is connected to Jesus Christ & God. Level 4 - Faith/Spirituality would not be an easy level to reach in Helping Other People because it is a very spiritual level in Helping Other People.

Religion has helped people to discover Level 4 - Faith/Spirituality but the truth is the individual and human being must have a desire to want to serve Jesus Christ & God. In different faith & religions people believe in different Gods & Spiritual Authority but I believe that Jesus Christ & God is the true essence of life, and you must understand the important of Spirituality.

Level 4 - Faith/Spirituality is very important work in Helping Other People, and you will become a Spiritual Leaders and Spiritual Authority within your chosen faith & spirituality.

Humanity - Animals - Universe needs more people who are faithful & spiritual so that this level can be achieve. The 4 Level in Helping Other People is for a chosen few

people who have understood their special gifts, talents in Faith & Spirituality. Some people that are truly spiritual don't believe in religions, dogma, ritual, doctrine of religious texts but they do believe in God.

4 LEVELS OF HELPING OTHER PEOPLE

I believe if you're a very faithful & spiritual person you would want to work for God in Level 4 - Faith/Spirituality because you want to make a massive difference in people lives and help people find they faith & spirituality this would be a very inspiration thing to discover in life.

The reason why Level 4 - Faith/Spirituality is very important is that you're doing the work for God and your life become a true source of light of motivation, faith, spirituality. In the world & society today, many people don't believe in God or Jesus Christ because of their lack of faith & spirituality. If you're someone that can achieve the Level 4 of Faith/Spirituality in helping other people, then you need to SPIRITUAL CHANGE your whole life to God and only work in ways that show your faith & spirituality.

The Spiritual Change is not something that is easy to find and discover in life because for some individual this can cost them much pain and suffering before they can ever begin to understand the importance of Jesus Christ & God. Please believe me readers if you want to achieve Level 4 in helping other people you must pay a costly price which is very hard to deal with which I have said pain & suffering.

I believe Faith & Spirituality go together and once you discover your faith; God will help you to discover your spiritual calling. This is massive important in helping other people and giving back because if you don't find

your spiritual calling and spiritual life purpose in helping other people you may never ever discover the truth of your life on earth and what your destined to do.

Level 4 – Faith/Spirituality in Helping Other People will cost you something important to do you. Most people that have reach this level of Helping Other People have gone through serious life challenges and massive adversity. I am not saying this to scare the readers but I want you to know working for God is not easy but it is very important.

Level 4 – Faith/Spirituality is very important in life, but I want you to understand readers that helping other people will cost you something. This is what I call a Price you must pay to help other people and give back.

Level 4 – Faith/Spirituality in Helping Other People is your spiritual contributions and life work in this reality and world we live in, but you need to have a love for God because this will build your desire. Loving God and doing the right things in your spiritual calling can transform your life very spiritually but most people are unable to achieve this because they have not changed (Spiritually) in Helping Other People which is a massive problem in world & society today.

I am not saying readers that just because you Spiritual Change in helping other people then your life will completely get better no it doesn't work like this because there is work involved in helping other people & giving back.

Faith/Spirituality is not something that I write in this book to surprise the readers but if you truly desire the

work of Helping Other People then I would recommend that you change Spiritually and make the most massive difference you can make in people lives.

If you have been reading this book about 4 levels of Helping Other People, you will realize each level of helping other people means you need to grow into a spiritual person and go through the process because it so important. Each level of helping other people means a different approach to the work you do for others and change your perspective of the world, society, and others.

I believe if you work in Level 4 - Faith/Spirituality in Helping Other People you will discover the secret of **NO SELF & SELFLESSNESS**.

Level 4 - Faith/Spirituality in Helping Other People means you are not focus on yourself but on God and his spiritual work and spiritual calling for your life. This is very hard to discover because most people always think about themselves which is very hard to change that mentality and behavior.

It is important to realize that Level 4 - Faith/Spirituality is about working for the lord and doing things in your life that honor God presence in your life.

This is a spiritual life vocation which will give you're a life of faith & spirituality. I want the readers to realize that working for God is everything in life because you're living your spiritual life purpose and spiritual calling. In life we are all met to do work which honors the lord we serve and helping other people on Level 4 is your divine work which your called to completed before you pass away.

Each Individual and human being must find their life

work and do it to the best of their ability. I believe many people don't reach this level of helping other people because they don't have the awareness of God and who they are as Human Being.

What can help you to really understand the importance of Level 4 - Faith/Spirituality in Helping Other People is spending time in Nature, Prayer, Meditation, Mindfulness. To understand yourself and what God want you to do you need to look within your (Inner Self) and discover your hidden talents, gifts.

Each person that does Level 4 - Faith/Spirituality has a good understand of who they are as a person and what work they should do for God.

Spirituality Path is not the easy path in life to follow but this path brings you to truth and God.

Level 4 - Faith/Spirituality is part of your divine life Purpose, and we must all discover the work we need to do for God.

Please remember that you are alive for a reason please find your divine spiritual life purpose & spiritual calling.

Different Ways of How You can Level 4 - Faith/Spirituality

There are many different ways of How you can do Level 4 - Faith/Spirituality in Helping Other People but you must understand readers that you need a Love & Desire to work for God. I am going to write some of the ways you can help other people in Level 4.

- Ministries Work
- Buddhist Work

4 LEVELS OF HELPING OTHER PEOPLE

- Taoism Work
- Muslims Work
- Hindu Work
- Sikhism Work
- Judaism Work
- Christian Work
- Bible Studies
- Teaching
- Evangelism
- Activism
- Discipleship
- Music
- Preaching
- Ministering
- Healing
- Pastoring
- Sermons
- Prayer
- Meditation
- Mindfulness
- Group Work
- School Work
- Education
- Faith Work
- Spirituality Work
- Spiritual Speaking
- Public Speaking
- No Self Teaching
- Spiritual Teaching
- Foundations
- Religions Charities
- Working in Church
- Working in Centre
- Working in Mosque
- Working in Temple
- Working in Nature
- Working in Centers

- Writing Books
- Authoring
- Singing
- Chanting
- Worship
- Manta
- Lecturers
- Group Discussions
- Ministrations
- Audio
- Presentations

- Videos
- eBooks
- Workshops
- Conferences

These are some of the different ways of help other people in Level 4 – Faith/Spirituality. Remember that doing the work for the lord will be the most spiritual work you ever do and the most rewarding towards helping other people.

Pros of Level 4 – Faith/Spirituality

- Your Faith & Spirituality is the most important thing in your life
- You connect to God when you help other people in faith & spirituality
- You will discover the NO SELF & Selflessness when Helping Other People in Faith
- Focusing on your Spiritual Contributions is life - changing work in helping other people
- Your faith & spirituality will grow when you help other people in your faith
- You connect to the heart of Humanity when faith & spirituality comes together
- You understand that you can help people from suffering, pain, fears
- God will be with you in the work you do in helping other people
- Faith & spirituality will help you to learn more about yourself
- You will be living your life purpose & divine spiritual calling
- Believe in God will help you to understand God work
- Helping Other People will transform your life
- Helping Other People will bring you compassionate & empathy
- Spiritually you will be guided to help other people

- You don't think about yourself but Others
- You can do any work in a Spiritual Way which help other people
- God will reward you for your efforts & faith
- You will discover your spiritual life vocation
- You become Spiritual person when you help other people in Faith & Spirituality
- The Truth will set you free
- Faith & Spirituality changes you Spiritually
- Helping Other People become your life
- Choosing to Help Other People in Faith/Spirituality is Freedom in Life
- You would never ever need money to do the work you do because your serving & giving towards others
- Working for God has Spiritual Rewards which are Eternal Awards
- You will be honor from God of the Spiritual Person you were to helping other people
- No Money – No Human – No Individual – Will give you faith you must discover it for yourself

Cons of Level 4 – Faith/Spirituality

- You will need to change Spiritually to do God Work
- Suffering & Pain will happen in your life which you cannot predict
- You will need to live a Spiritual Life which can become very difficult
- People will not be able to understand your Spiritual Contributions
- You can Never Ever Pursue money or materialistic riches, That not the path of God
- Helping Other People is emotional work and sometimes can be draining
- Converting people to your faith & spiritual belief is extremely difficult

4 LEVELS OF HELPING OTHER PEOPLE

- You cannot follow others people but follow your own truth path
- You may need to distance yourself from friends & family
- You may need to lose before you gain
- Suffering can become challenging if you don't have cope strategies to deal with your suffering
- You learn that not everyone will be able to change (Spiritually)
- It is difficult to understand yourself completely as a human being
- Working for God has nothing to do with Money or Financial Riches
- It takes a lot of sacrifice, struggle, pain, hurt to ever do the work for Jesus Christ & God
- If you're not prepare to suffer and go through hardships you will be unable to do the work for Jesus Christ & God
- You will understand that people are not prepare to suffer anything for God at all
- Distressed can become hard when you helping other people in faith & spirituality
- If you don't live your life purpose and spiritual calling, they you will have massive regrets and serious emotional difficulties
- You will understand that not everyone gets the opportunity to help other people in faith/spirituality
- It difficult to say No to things you enjoy to do but that part of Level 4 - Faith/Spirituality in Helping Other People
- You will see many people make costly mistakes and going through deep suffering and pain
- You will learn that you cannot change people who don't want to change (Important Learning)
- Any work for Jesus Christ & God come at a costly price which you will not want to pay
- If you don't become a leader then you will be a Follower which is not the path of Truth - Faith - Spirituality

- Because of your Faith & Spirituality you will have people who hate you and reject you which is very painful but part of 4 Level – Faith/Spirituality in Helping Other People
- You may have to change your whole life around before you can enter Truth – Faith – Spirituality
- You cannot smoke, drink alcohol, take drugs if you want to gain the Faith & Spirituality of 4 Level in Helping Other People this will destroy you.
- You need to be around like-minded people who are doing a similar thing to you and forgot people who don't help other people
- All 4 Levels in helping other people must be done to achieve your density in Helping Other People
- You would need to spend time Prayer, Meditation, Mindfulness, Studying, Learning, observing to find your own truth with Jesus Christ & God in your Faith & Spirituality which cannot be done by another else but you
- If you don't change your work and change your life you don't get the rewards from God
- God is not human being but spiritual so you must understand spirituality before you understand God
- The world will be more in a Crisis and destruction if YOU don't help other people & give back
- Each individual & human being must go through a Spiritual Change before they can help other people
- It may cost your changing your life to Jesus Christ & God before you can work
- No human being lives forever we all pass away and turn into nothing so it better to understand that Spiritual Change in your life start from NOW and Today (Not Tomorrow or In the Future)
- Live your Spiritual Life Purpose & Spiritual Calling Now (Today) don't wait for Tomorrow because you will not get the opportunity to help other people
- You if don't find your faith in this life then you will never, please God and never make God happy
- Jesus Christ & God want us all to contribute in some

way to others but we all must find the truth of this for ourselves which someone else cannot tell you or gave to you

- Helping Other People is not for only chosen people but you will learn it for everyone (Humanity)

- Most people are struggling to achieve their dreams and desires in life and what they really want in their life because they are not aligned in Faith/Spirituality in helping other people
- No Spiritual Change means No Hope for Humanity
- Change become the most important thing to learn but many people don't choose to change into the work of helping other people
- If you don't choose to help other people and give back then you're going on the life path of destruction and misery please believe me readers you must Spiritual Change
- Your life will never change unless you Spiritual Contribute to others and make a massive difference
- Losing is Inevitable
- Pain Is Inevitable
- Suffering Is Inevitable
- Without learning you will not discover Level 4 - Faith/Spirituality in Helping Other People
- If you're a Follower then you will not be helping other people with life because you don't know how to help other people
- To Suffer is hard but to not help other people is eternal suffering

Summary of doing Level 4 Faith/Spirituality in Helping Other People

- Focus your whole life on working for Jesus Christ & God
- Working for the Lord is Honorable
- Don't pursue money or materialistic riches under any circumstances
- Choose to Help Other People Today
- 4 Level of Helping Other People must be done to reach your density
- Faith/Spirituality is the secrets of living which cannot but told by another else but yourself
- Prayer, Meditation, Mindfulness learning with empower you to help other people

- Until you Spiritual Change you cannot reach Level 4 - Faith/Spirituality
- 4 Level in Helping Other People - Faith/Spirituality is Spiritual
- God will reward anyone that Help other people in Eternity which is rare to discuss
- Faith/Spirituality is where your true spiritual life work beginning
- School & Education will not teach you Level 4 - Faith/Spirituality in Helping Other People. No. It something you must discover as a Human Being
- Spiritual Contributions is where all of the rewards in God, Jesus Christ, helping other people are found
- When your spiritual you become different
- Leaders are created by God and Followers don't understand God
- You cannot reach your density unless you Spiritual Change & Help other people
- Life is Precious so make your Spiritual Contributions today and focus on helping other people
- Find your faith in life and find your spiritual life purpose and spiritual calling
- The world will not change unless YOU change

What You Can Learn from Level 4 - Faith/Spirituality in Helping Other People

- God & Jesus Christ is the most important thing
- Helping Other People in 4 Level - Faith/Spirituality is Spiritual Life Vocation
- No Self & Selflessness in Helping Other People
- 4 Level - Faith/Spirituality is for Everyone who desire & love God
- You must Spiritual Change before you can help other people in 4 Level in Helping Other People
- Leaders will be created from God - Follower don't understand God
- Spiritual Choice & Decisions can transform your entire life by just desiring to Help Other People

4 LEVELS OF HELPING OTHER PEOPLE

- You will never ever pursue money or materialistic riches when you help other people in 4 Level – Faith/Spirituality
- The Past is Gone – The Present Is Now – The Future Is Unpredicted – Spiritual Change Today & Help other people today.
- Spiritually Going All Out!!! For Jesus Christ & God should be everyone desire
- 4 Level in Helping Other People come at a price. It will cost you something to do it
- 4 Level – Faith/Spirituality has Eternal Rewards for Jesus Christ God
- God awards the Spiritual Person who Helping Other People in 4 Level in Eternity
- Faith/Spirituality is found on Earth by Human Being which want to Spiritual Change
- Heaven is a Spiritual Selfless Transformation of No Self, Selflessness in Helping Other People
- Your Suffering can end today if you decided to Help Other People
- Living your Spiritual Life Purpose will not be easy to do but if your desire who you want to be then you will go all out for God & Jesus Christ
- God always want you to contribute and help other people in someway
- Live Spiritual – Spiritual Change – Spiritual Revolution – Billions of people live will be helped
- You can only change you first before you can ever thing about change another person
- 4 Levels of Helping Other People is a Spiritual Life Journey
- Spiritually your called to Help Other People and make a difference
- Focus on your difference – Spiritual Contributions – Helping Other People
- God is the Spiritual that will award you not human being
- Spiritual Life Work is a Privilege to discover
- 4 Levels in Helping Other People (4 Levels –

Level 5 - Spiritually Helping Other People Who Helping Other People (Teaching Level in Helping Other People)

The Importance of Level 5 - Spiritually Helping Other People Who Helping Other People (Teaching Level in Helping Other People)

Level 5 - Spiritually Helping Other People Who Helping Other People (Teaching Level in Helping Other People). The 5 Level of Helping Other People and Giving Back become the most important Level for Jesus Christ – Jehovah – Buddha. Spiritually Helping Other People Who Helping Other People become the Spiritual Inspiration and Spiritual Difference to Hundreds, Thousands, Millions, Billions of people. I want you to understand that becoming the 5 Level of Helping Other People is where the Spiritual Difference is within Humanity – Animals – Universe. Spiritually Helping Other People Who Helping Other People is about Teaching people who help other people new Spiritual Teachings and Spiritual Education. This is something very rare to find within world & society because most people don't understand the important of 5 Levels of Helping Other People. I want you to understand now if you want to Spiritually live your Spiritual Legacy Now within daily live then 5 Level of Helping Other People must be the inspiration and motivation within faith & spirituality. Teaching is the key to Spiritual Change and 5 Levels of Helping Other People because all human beings are going through spiritual life problems and spiritual challenges which need someone to Spiritually Guide and Spiritual help human with. Spiritually Helping Other People is the way to become No Self & Selflessness because Spiritual Change involved helping Humanity – Animals

- Universe in any way that Jesus Christ - Jehovah - Buddha want us to do. Faith & Spirituality is Spiritual and learning the 5 Levels of Helping Other People is the way to Spiritual Timeless Eternal Truth. Always remember that all Human Beings are going through Spiritual Life Problems and Spiritual Life Challenges and Spiritual Teachings is the way to help Humanity - Animals - Universe learns more about Love, Empathy, Compassion.

Spiritually Helping Other People Who Helping Other People is about Spiritual Teachings Faith & Spirituality and Spiritual Journey you have been through in all of the 5 Levels of Helping Other People. Because the work of Spiritually Helping Other People is a Spiritual Journey of Spiritual Contributions in Helping Other People.

To do the work of Spiritually Helping Other People Who Helping Other People is go through the process of 5 Levels of Helping Other People. Helping Other People is Spiritual Life Vocation and You learn more about Faith & Spirituality when you teach what you know about Helping Other People & Giving Back.

Different Ways of How You can Level 5 - Spiritually Helping Other People Who Helping Other People

- Spiritually Helping Other People Who Helping Other People in Jobs, Careers, Employments
- Spiritually Helping Other People Who Helping Other People in Volunteering
- Spiritually Helping Other People Who Helping Other People in Business
- Spiritually Helping Other People Who Helping Other People in Faith & Spirituality
- Spiritual Helping Other People Who Helping Other People in Community
- Spiritual Helping Other People Who Helping Other People in Schools

- Spiritually Helping Other People Who Helping Other People in Prisons
- Spiritually Helping Other People Who Helping Other People in University
- Spiritually Helping Other People Who Helping Other People in College
- Spiritually Helping Other People Who Helping Other People in Workshops
- Spiritually Helping Other People Who Helping Other People in Conferences
- Spiritually Helping Other People Who Helping Other People in Stages
- Spiritually Helping Other People Who Helping Other People in Talks & Speeches
- Spiritually Helping Other People Who Helping Other People in Sermons
- Spiritually Helping Other People Who Helping Other People in Church
- Spiritually Helping Other People Who Helping Other People in Centres
- Spiritually Helping Other People Who Helping Other People in Mosques
- Spiritually Helping Other People Who Helping Other People in Template
- Spiritually Helping Other People Who Helping Other People in Synagogue
- Spiritually Helping Other People Who Helping Other People in social media
- Spiritually Helping Other People Who Helping Other People in Videos
- Spiritually Helping Other People Who Helping Other People in Podcast
- Spiritually Helping Other People Who Helping Other People in Presentation
- Spiritually Helping Other People Who Helping Other People in Audio
- Spiritually Helping Other People Who Helping Other People in Books
- Spiritually Helping Other People Who Helping Other People in eBooks

- Spiritually Helping Other People Who Helping Other People in Seminars
- Spiritually Helping Other People Who Helping Other People in Webinars

Pros of Level 5 - Spiritually Helping Other People Who Helping Other People

- Spiritually Helping Other People Who Helping Other People is how you help Hundreds, Thousands, Millions, Billions of people
- Spiritually Helping Other People Who Helping Other People is the Spiritual Difference
- Spiritually Helping Other People Who Helping Other People is Faith & Spirituality
- Spiritually Helping Other People Who Helping Other People is Living Your Spiritual Legacy Now
- Spiritually Helping Other People Who Helping Other People is Spiritual Teachings
- Spiritually Helping Other People Who Helping Other People is Spiritual Contributions
- Spiritually Helping Other People Who Helping Other People is your Spiritual Connection to Jesus Christ - Jehovah - Buddha
- Spiritually Helping Other People Who Helping Other People is Spiritual Learning & Spiritual Education
- Spiritually Helping Other People Who Helping Other People is Helping Other People & Giving Back
- Spiritually Helping Other People Who Helping Other People is Spiritual Inspiration
- Spiritually Helping Other People Who Helping Other People helps you to become No Self & Selflessness
- Spiritually Helping Other People Who Helping Other People is Spiritual Change
- Spiritually Helping Other People Who Helping Other People is Spiritual Leadership
- Spiritually Helping Other People Who Helping Other People is Important in Faith & Spirituality
- Spiritually Helping Other People Who Helping Other People is Spiritual Change of Living & Being

Cons of Level 5 - Spiritually Helping Other People Who Helping Other People

- You cannot make your Spiritual Difference without Spiritual Teachings
- Spiritually Helping Other People Who Helping Other People means you pay a price
- Spiritually Helping Other People Who Helping Other People is very difficult to gain
- Spiritually Helping Other People Who Helping Other People make you alone
- Spiritually Helping Other People Who Helping Other People is Spiritually Challenging
- Spiritually Helping Other People Who Helping Other People take time & energy
- Spiritually Helping Other People Who Helping Other People is hard work
- Spiritually Helping Other People Who Helping Other People is not easy to do
- Spiritually Helping Other People Who Helping Other People you will make Sacrifices
- Spiritually Helping Other People Who Helping Other People you will Lose something
- Spiritually Helping Other People Who Helping Other People can become draining

Summary of doing Level 5 Spiritually Helping Other People Who Helping Other People

- Spiritually Helping Other People Who Helping Other People is Spiritual Life Changing
- Spiritually Helping Other People Who Helping Other People is Spiritual Change
- Spiritually Helping Other People Who Helping Other People is Spiritual Teachings
- Spiritually Helping Other People Who Helping Other People is Spiritual Process
- Spiritually Helping Other People Who Helping Other People is No Self & Selflessness
- Spiritually Helping Other People Who Helping Other People is Spiritual Teachings

- Spiritually Helping Other People Who Helping Other People Is Important to Jesus Christ – Jehovah – Buddha
- Spiritually Helping Other People Who Helping Other People is Spiritual Difference
- Spiritually Helping Other People Who Helping Other People is Spiritual Contributions
- Spiritually Helping Other People Who Helping Other People is connection with Jesus Christ – Jehovah – Buddha
- Spiritually Helping Other People Who Helping Other People is Spiritual Education
- Jesus Christ – Jehovah – Buddha wants us to Spiritual Contribute

What You Can Learn from Level 5 Spiritually Helping Other People Who Helping Other People

- Jesus Christ – Jehovah – Buddha want us to Spiritual Contribute and do Spiritual Teachings
- Spiritually Helping Other People Who Helping Other People is Spiritual Change
- Spiritual Change is the Future of Humanity – Animals – Universe
- Spiritually Helping Other People Who Helping Other People is Spiritual Difference
- Spiritually Helping Other People Who Helping Other People is Spiritual Teaching
- Spiritually Helping Other People Who Helping Other People is Important to Jesus Christ – Jehovah – Buddha
- Spiritually Helping Other People Who Helping Other People is important in connection with Jesus Christ – Jehovah – Buddha
- Spiritually Helping Other People Who Helping Other People is Spiritual Education
- The Spiritual Legacy Now
- Spiritually Helping Other People Who Helping Other People is The Spiritual Process
- Spiritually Helping Other People Who Helping Other People is No Self & Selflessness



Summary of Spiritually Helping Other People

1. Spiritually Helping Other People is for Jesus Christ – Jehovah – Buddha
2. Spiritually Helping Other People is The Spiritual Legacy Now
3. Spiritually Helping Other People is Spiritual Life Journey
4. 5 Levels of Helping Other People is Spiritually Helping Other People
5. 5 Levels of Helping Other People is a Spiritual Process
6. Spiritually Helping Other People is very important

7. Spiritually Helping Other People is Spiritual Life Purpose & Spiritual Calling
8. Spiritually Helping Other People is Spiritual Life Vocation
9. Spiritually Helping Other People is Faith & Spirituality
10. You can only make your Spiritual Difference through Spiritually Helping Other People
11. Spiritual Change is the Future
12. Spiritually Helping Other People helps you to become No Self & Selflessness
13. Spiritually Helping Other People helps you to discover Meaning in Life
14. Spiritually Helping Other People is Spiritual Difference
15. Spiritually Helping Other People is how you discover Spiritual Truth
16. Spiritually Helping Other People is Everything to Jesus Christ - Jehovah - Buddha
17. Spiritually Helping Other People is Spiritual Change
18. No Self & Selflessness is the core of Spiritually Helping Other People
19. All 5 Levels of Helping Other People need to be done within one life
20. Spiritually Helping Other People is how you discover Know Thyself
21. Spiritually Helping Other People is Spiritual Love, Compassion, Empathy towards others
22. Spiritually Helping Other People makes you humble

- 23.Spiritually Helping Other People make you kind
- 24.Spiritually Helping Other People is Spiritual
- 25.Spiritually Helping Other People is Spiritual Nature
- 26.Spiritually Helping Other People is Spiritual Contributions toward others
- 27.Spiritually Helping Other People is Sacred
- 28.Spiritually Helping Other People is how you overcome The Self to No Self
- 29.Jesus Christ – Jehovah – Buddha want you to Spiritually Contribute

Please remember readers, spiritual leaders, spiritual seekers, spiritual creators that we all need to Spiritually Helping Other People to honour Jesus Christ – Jehovah – Buddha. It is important to realise that Jesus Christ – Jehovah – Buddha want us to Spiritually Contribute.

Spiritually Helping Other People – Spiritual Contributions – 5 Levels of Helping Other People

Chapter 8 - No Self & Selflessness

Spiritual Change is how you become No Self & Selflessness. It is very important to go through a Spiritual Change and become the No Self & Selflessness.

When you discover that No Self & Selflessness is the core of Faith & Spirituality it makes you realise that Jesus Christ - Jehovah - Buddha want you to go through a Spiritual Change.

No Self - Know Thyself - (No More Self)

Selflessness - Life which is focus on Spiritually Helping Other People & Give Back - Freedom from The Self

No Self & Selflessness is very important in Spiritual Change and Spiritually Helping Other People. Right now, in the world & society Humanity has not found a way to Overcome Suffering - Pain - Adversity.

Spiritual Change is the only way you transform The Self to No Self. We all need to go through Spiritual Change to

transform psyche and psychological mind.

Without going through Spiritual Change, you can't help other people or give back.

It is important to learn that Spiritual Change is No Self & Selflessness and if we truly desire and dream of making a massive Spiritual Difference in Helping Other People & Giving Back then we need to Spiritual Change.

The Importance of No Self & Selflessness

1. No Self & Selflessness is Spiritual
2. No Self & Selflessness is Faith & Spirituality
3. No Self & Selflessness is Important in Spiritually Helping Other People & Giving Back
4. No Self & Selflessness Overcome the Self
5. No Self & Selflessness is important in Spiritual Change
6. You cannot help other people or give back without Spiritual Change

7. It is very important to become No Self & Selflessness
8. Jesus Christ - Jehovah - Buddha want you to go through Spiritual Change
9. Jesus Christ - Jehovah - Buddha want you to become No Self & Selflessness
10. No Self & Selflessness is important in Spiritual Leadership
11. No Self & Selflessness means No More Self, No More I, Overcoming the Self
12. No Self & Selflessness is Spiritual Change of Psyche & Psychological Mind
13. No Self & Selflessness is important in Daily Living
14. No Self & Selflessness is important in Spiritual Contributions
15. No Self & Selflessness is important in Spiritual Learning & Spiritual Understanding
16. No Self & Selflessness helps you to become Know Thyself
17. You understand yourself Totally Wholly as a Human Being

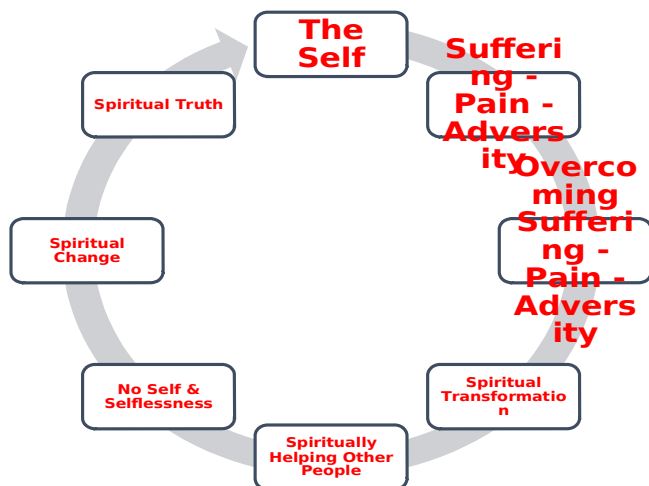
when you discover No Self &
Selflessness

18. No Self & Selflessness means
The End of Suffering - Pain -
Adversities
19. No Self & Selflessness is a
Spiritual Timeless Eternal State
20. No Self & Selflessness make
you Spiritually Help Other People &
Give Back
21. No Self & Selflessness is the
Spiritual Change of Humanity -
Animals - Universe
22. No Self & Selflessness is
Sacred
23. No Self & Selflessness is holy
24. No Self & Selflessness is
Spiritual Energy
25. No Self & Selflessness is
Spiritual Love, Compassion,
Empathy, Kindness
26. No Self & Selflessness is
Spiritual Truth

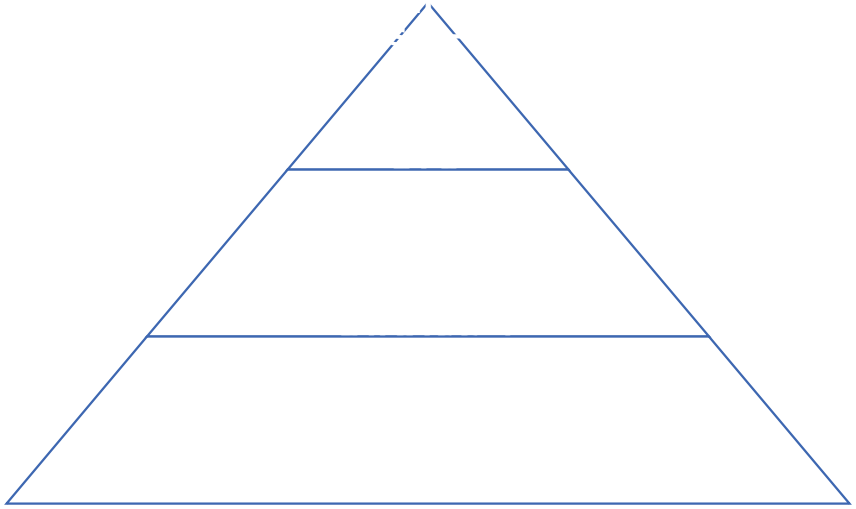
I want you to understand readers,
spiritual leaders, spiritual seekers,
spiritual creators that you need to
Spiritual Change to become No Self &
Selflessness this is the most important

thing in life to discover and Jesus Christ
- Jehovah - Buddha want you to make
Spiritual Contributions.

The Process of No Self & Selflessness







The Process of No Self & Selflessness
Explained

**No Self & Selflessness - No I - Know
Thyself - No Conflicts - The Future**

- No Self & Selflessness is The Future of Faith & Spirituality

**Spiritual Change - Unknown -
Change - Choice - The Present**

- Spiritual Change is The Present of Spiritual Awakening & Spiritual Transformation

The Self - I - Suffering Pain Adversities - Conflicts - The Past

- The Self is The Past of Suffering Pain
Adversities



No Self & Selflessness is the Spiritual
Change of Humanity - Animals -
Universe

When you discover No Self &
Selflessness you discover 5 Levels of
Helping Other People.

You can only do 5 Levels of Helping
Other People by going through Spiritual
Change and becoming No Self &
Selflessness

5 Levels of Helping Other People

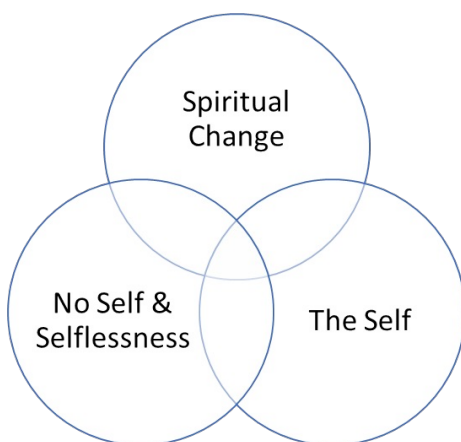
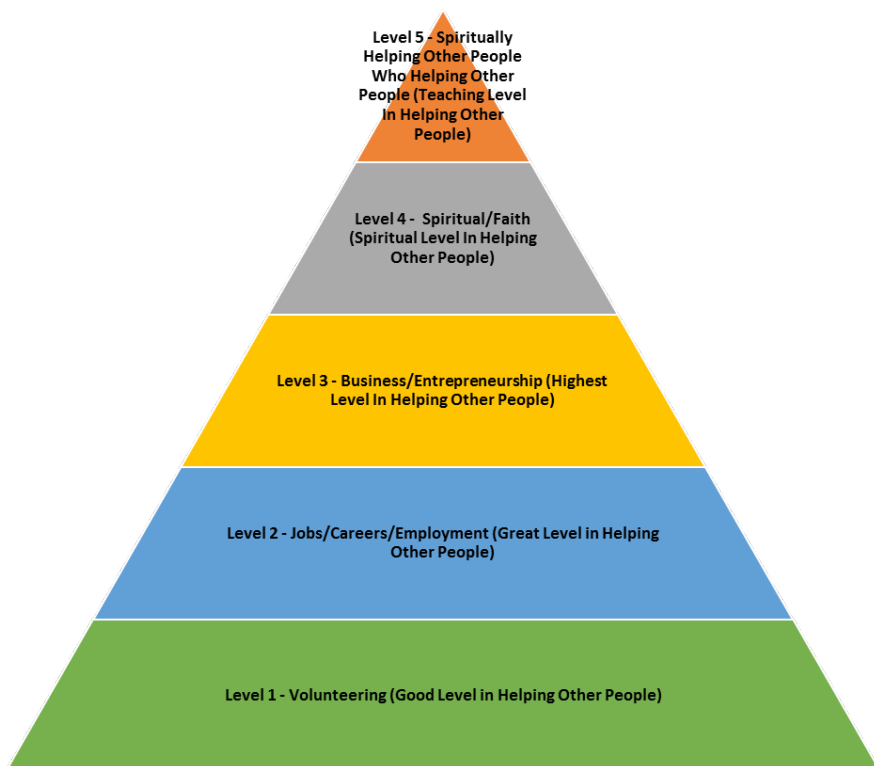
Level 1 - Volunteering (Good Level in Helping Other People)

Level 2 - Jobs/Careers/Employment (Great Level In Helping Other People)

Level 3 - Business/Entrepreneurship (Highest Level In Helping Other People)

Level 4 - Spiritual/Faith (Spiritual Level In Helping Other People)

Level 5 - Spiritually Helping Other People who Helping Other People (Teaching Level in Helping Other People)



Summary of No Self & Selflessness

1. No Self & Selflessness is Spiritual Change of The Future
2. Jesus Christ – Jehovah – Buddha want us to Spiritual Change
3. No Self & Selflessness is Faith & Spirituality
4. No Self & Selflessness is Know Thyself
5. No Self & Selflessness is Ending of Suffering Pain Adversities
6. No Self & Selflessness is Spiritually Helping Other People & Giving Back
7. No Self & Selflessness is 5 Levels of Helping Other People
8. No Self & Selflessness is Sacred & Holy
9. No Self & Selflessness is Spiritual Transformation
- 10.No Self & Selflessness is Overcoming of The Self & I
- 11.No Self & Selflessness is No More Self
- 12.No Self & Selflessness is Spiritual Freedom & Spiritual Liberation
- 13.No Self & Selflessness is Spiritual Truth
- 14.No Self & Selflessness is Spiritual

Chapter 9 - Spiritual Freedom & Spiritual Liberation

Spiritual Change is very important in Spiritual Freedom & Spiritual Liberation. When you go through the process of Spiritual Change you will become Spiritually Free and transform your life from The Self to No Self. Spiritual Freedom & Spiritual Liberation is the Ending of Suffering – Pain – Adversities and you will be able to live your Spiritual Life Purpose & Spiritual Calling.

Jesus Christ – Jehovah – Buddha want you to become Spiritually Free, so you can Spiritually Help Other People & Give Back. It is important to realise that No Self & Selflessness makes you Spiritually Free can you can only become the No Self & Selflessness once you overcome The Self to No Self.

Spiritual Freedom & Spiritual Liberation is Spiritually Life Changing and the presence of Jehovah will be on your whole life which makes you become truthful spiritual faithful. Spiritual Change means Spiritual Freedom & Spiritual Liberation.

It is important to realise that The Self will always make you feel anxious, depressed, unwell and you will experience Suffering Pain Adversities because of The Self. If we want to become Spiritually Free as Human Being, we must overcome The Self and become the No Self.

Spiritual Freedom & Spiritual Liberation is a Spiritual Change of the Psyche & Psychological Mind. Once you have gone through Spiritual

Change your Spirit is renewed into Faith & Spirituality.

Only Faith & Spirituality can help you to become Spiritually Free



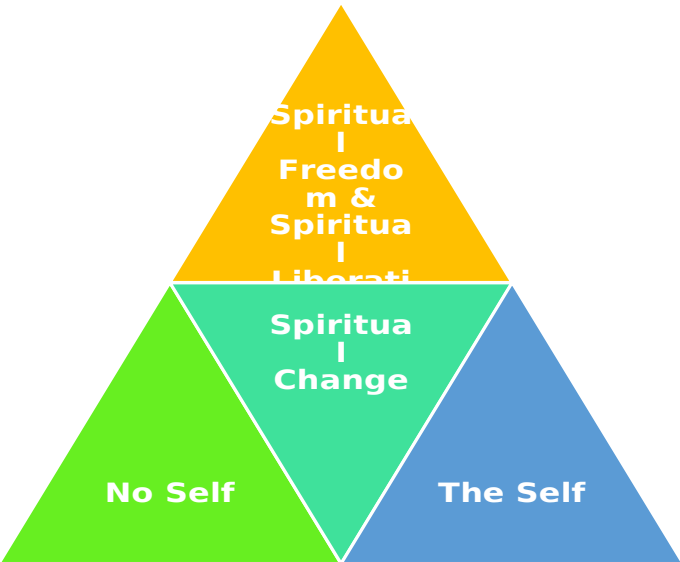
The Importance of Spiritual Freedom & Spiritual Liberation

- Spiritual Freedom & Spiritual Liberation is important in Spiritual Change
- Spiritual Freedom & Spiritual Liberation is Important to Jesus Christ – Jehovah – Buddha
- Spiritual Freedom & Spiritual Liberation is Important to become the No Self & Selflessness

- Spiritual Freedom & Spiritual Liberation is important to Spiritually Helping Other People
- Until you become Spiritually Free you will not be able to Overcome the Self
- Spiritual Freedom & Spiritual Liberation is important in Faith & Spirituality
- Spiritual Freedom & Spiritual Liberation is Important to find & discover the meaning of life
- Spiritual Freedom & Spiritual Liberation is important to discover your Spiritual Life Purpose & Spiritual Calling
- Jesus Christ – Jehovah – Buddha want humanity to become Spiritually Free
- Once you discover Spiritual Freedom & Spiritual Liberation you discover Spiritual Truth
- Spiritual Freedom & Spiritual Liberation is holy and sacred
- Spiritual Freedom & Spiritual Liberation become from Spiritual Change
- Spiritual Freedom & Spiritual Liberation is important for No Self & Selflessness
- You cannot become Spiritually Free or Spiritually Liberated without Spiritual Change
- Spiritual Freedom & Spiritual Liberation is a Spiritual Change in Psyche & Psychological Mind
- Spiritual Freedom & Spiritual Liberation is important in Life & Spiritual Nature
- Spiritual Freedom & Spiritual Liberation is Important in Spiritual Love, Kind, Compassion, Empathy
- Spiritual Freedom & Spiritual Liberation is Important in Totally Wholly discovered who you are as a human being

- Spiritual Freedom & Spiritual Liberation is Spiritual Timeless Eternal Freedom
- Spiritual Freedom & Spiritual Liberation is the only way to End Suffering - Pain - Adversities
- Spiritual Freedom & Spiritual Liberation is important Spiritual Life Vocation
- Spiritual Freedom & Spiritual Liberation is Important to End the Self and to become No Self
- Spiritual Freedom & Spiritual Liberation is important to End I (The Self)
- Spiritual Freedom & Spiritual Liberation is important to End Ego & Selfishness
- Spiritual Freedom & Spiritual Liberation will help you to enter Spiritual Eternity
- Spiritual Freedom & Spiritual Liberation is lived on earth through Spiritual Change
- Spiritual Freedom & Spiritual Liberation is Heaven on Earth
- Spiritual Freedom & Spiritual Liberation is Spiritual Change of Mind & Psyche







Spiritual Freedom & Spiritual Liberation is Freedom from The Self. Once you discover Freedom from The Self you will transform into No Self & Selflessness. Because there is No More Self once you go through the Spiritual Change of No Self you realise once you Spiritual Change that your Faith & Spirituality is going to teach you Spiritual Contributions in Helping Other People & Giving Back.

Spiritually Helping Other People & Giving Back is Spiritual Change and Spiritual Freedom.

Spiritually Helping Other People is how you become Spiritually Awakened and Spiritually Liberated because when you discover No Self & Selflessness your whole life is transformed into Spiritually Helping Other People & Giving Back.

Once you discover No Self & Selflessness the 5 Levels of Helping Other People would need to be done within your Faith & Spiritual life because just

because you have become Spiritual Awakened and Spiritually Free that doesn't mean that Humanity is still not free because Humanity is still going through Suffering - Pain - Adversities.

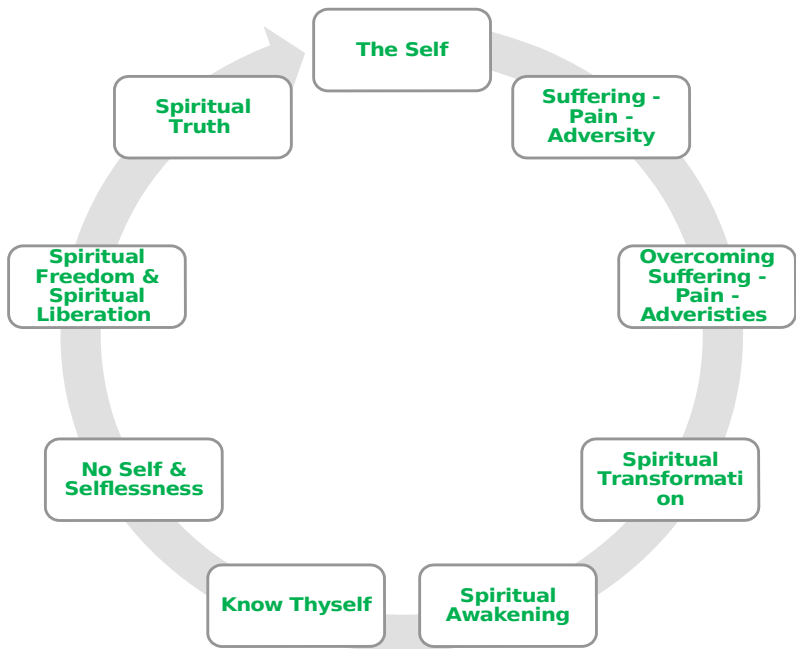
Spiritual Enlightenment is Spiritual Change

Spiritual Enlightenment is Spiritual Freedom & Spiritual Liberation

Spiritual Enlightenment is Spiritually Helping Other People

Jesus Christ - Jehovah - Buddha want you to become Spiritually Free and Spiritual Awakened

I want you to understand that Spiritual Change means Spiritual Enlightenment but it takes time to truly learn everything you need to know about Spiritually Helping Other People & Give Back.



5 Levels of Helping Other People

Level 1 - Volunteering (Good Level in Helping Other People)

Level 2 - Jobs/Careers/Employment (Great Level in Helping Other People)

Level 3 - Business/Entrepreneurship (Highest Level in Helping Other People)

Level 4 - Spiritual/Faith (Spiritual Level in Helping Other People)

Level 5 - Spiritually Helping Other People Who Helping Other People (Teaching Level in Helping Other People)



5 Levels of Helping Other People is Spiritual Change which will help you to become Spiritually Free & Spiritual Liberated.

Jesus Christ – Jehovah – Buddha want you to go through a Spiritual Change because Humanity is going through Suffering – Pain – Adversities







Summary of Spiritual Freedom & Spiritual Liberation

1. Spiritual Freedom & Spiritual Liberation is Spiritual Change
2. Spiritual Freedom & Spiritual Liberation is No Self & Selflessness
3. Spiritual Freedom & Spiritual Liberation is Spiritual Change of Psyche & Psychological Mind
4. Spiritual Freedom & Spiritual Liberation helps you to do 5 Levels of Helping Other People
5. Spiritual Freedom & Spiritual Liberation is Overcoming the Self to No Self
6. Spiritual Freedom & Spiritual Liberation is Ending of Suffering - Pain - Adversities
7. Spiritual Freedom & Spiritual Liberation is Important to Jesus Christ - Jehovah - Buddha
8. Spiritual Freedom & Spiritual Liberation is Heaven on Earth (No Self & Selflessness)

9. Spiritual Freedom & Spiritual Liberation
make you Spiritually Free and Spiritually
Awakened
10. Spiritual Freedom & Spiritual Liberation helps
you to become No Self & Selflessness
11. Spiritual Freedom & Spiritual Liberation is
important to Humanity – Animals – Universe
12. Spiritual Freedom & Spiritual Liberation is
Spiritual Change of the Future
13. Jesus Christ – Jehovah – Buddha want you to
Spiritual Change and discover Spiritual
Freedom & Spiritual Liberation
14. Spiritual Freedom & Spiritual Liberation is
Faith & Spirituality
15. You cannot become Spiritually Free until you
discover No Self & Selflessness
16. Spiritual Freedom & Spiritual Liberation is
Holy & Sacred

Chapter 10 - Spiritual Change Is the Future

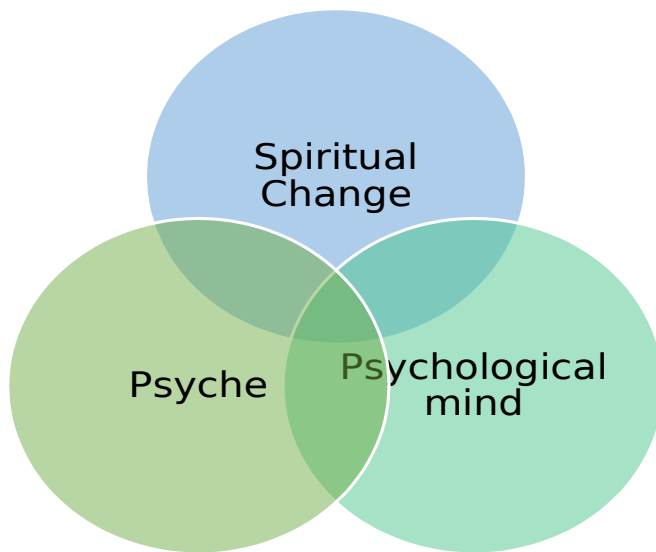
Spiritual Change is the Future of Humanity - Animals - Universe and Jesus Christ - Jehovah - Buddha want us to go through Spiritual Change. Spiritually Helping Other People is the Spiritual Change of the Future and within our life we need to Spiritual Contributions to others. Spiritual Change is important for Jesus Christ - Jehovah - Buddha and it is important to realise that we need to go through Spiritual Change to help other people in what they are going through.

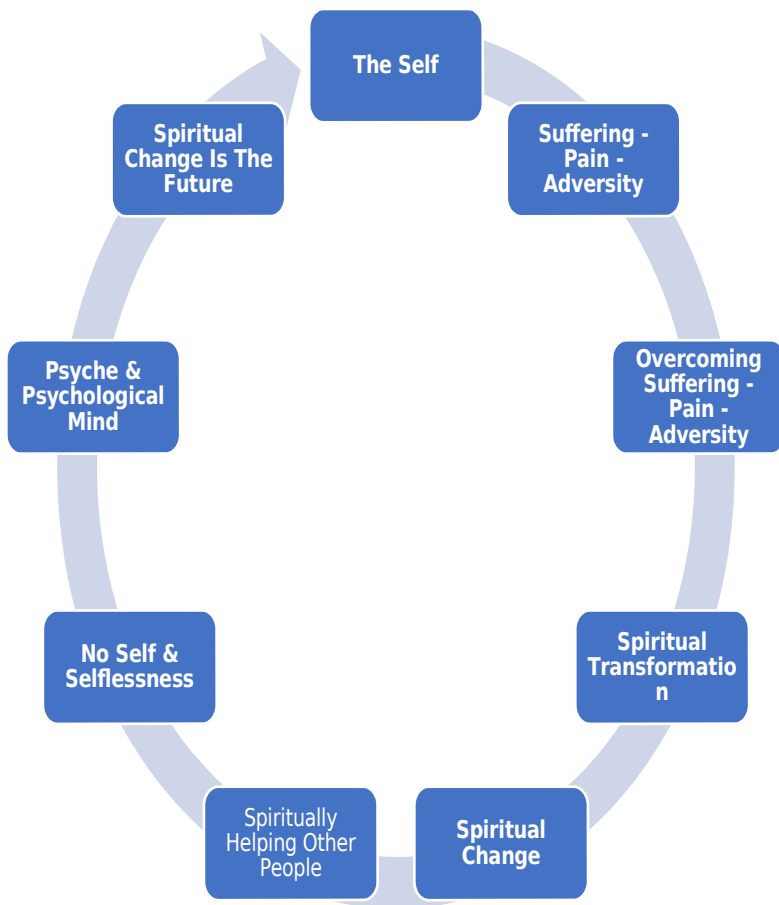
Spiritual Change is important because it helps you to discover Spiritual Truth and discover who you are as a Human Being. Spiritual Change is important for the Future and within life Humanity - Animals - Universe is always moving into the future.

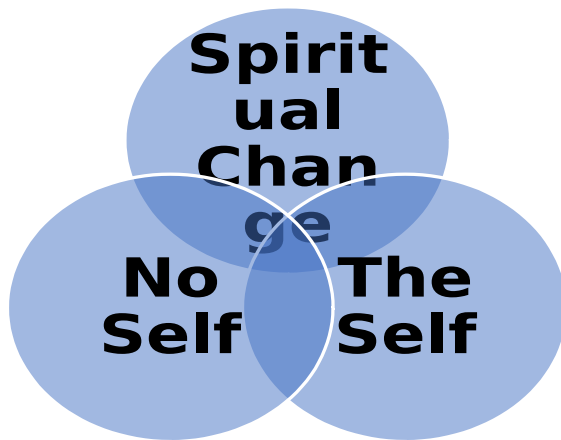
If we choose and decide to go through Spiritual Change, we will discover that The Future is Now and we live The Spiritual Legacy Now.

Spiritually Helping Other People is Spiritual Change of the Future. When we go through Spiritual Change, we will become more compassionate, empathic, kind, caring, helpful, faithful, spiritual towards Humanity. Spiritual Change is the future and I truly believe that all of Humanity need to discover Spiritual Change Now. As we have been discussing in the spiritual book Spiritual Change become the most important thing in life to discover and we need to make sure we our living Spiritual & Faithful lives for Jesus Christ - Jehovah - Buddha.

Spiritual Change Is the Future which means a Spiritual Change in the Psyche & Psychological mind. Spiritual Change within the Mind is the Spiritual Awakening and Spiritual Transformation of No Self & Selflessness. This become very holy & sacred to Jesus Christ - Jehovah - Buddha because life is trying to Spiritual Change Humanity to become more Spiritually Loving, Compassionate, Caring towards Humanity - Animals - Universe.







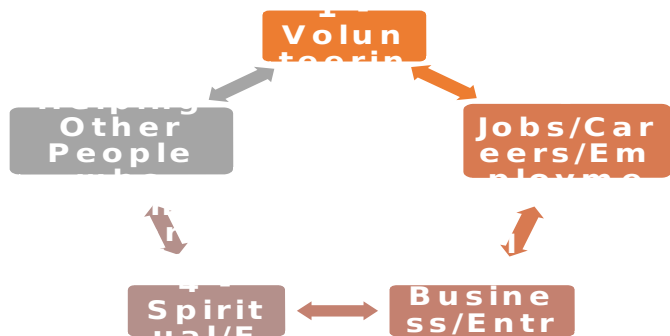
The Importance of Spiritual Change Is the Future

- 1.** Spiritual Change Is the Future is Important for Jesus Christ – Jehovah – Buddha
- 2.** Spiritual Change is The Future is Important for Humanity – Animals – Universe
- 3.** Spiritual Change is The Future is Important for Faith & Spirituality
- 4.** Spiritual Change is The Future is Important for Spiritually Helping Other People
- 5.** Spiritual Change is The Future of Spiritual Revolution
- 6.** Spiritual Change is The Future of Spiritual Revelation
- 7.** Spiritual Change is The Future of Spiritually Change the Self to No Self
- 8.** Spiritual Change is The Future of Overcoming the Self
- 9.** Spiritual Change is The Future of Spiritual Eternity

- 10.** Spiritual Change is The Future of Spiritual Evangelism & Activism
- 11.** Spiritual Change is The Future of Ending Suffering – Pain – Adversity for Humanity
- 12.** Spiritual Change is The Future is Important for Spiritual Truth
- 13.** Spiritual Change is The Future of Totally Wholly Spiritual Transformation of Human Being
- 14.** Spiritual Change is The Future of Spiritually Change of Psyche & Psychological Mind
- 15.** Spiritual Change is The Future of Know Thyself
- 16.** Spiritual Change Is the Future of No Self & Selflessness
- 17.** Spiritual Change is The Future of Spiritual Enlightenment
- 18.** Spiritual Change is The Future of Spiritual Freedom & Spiritual Liberation
- 19.** Spiritual Change is The Future of Spiritual Learning & Spiritual Understanding
- 20.** Spiritual Change is The Future of Spiritual Teachings & Spiritual Education



Spiritual Change Is the Future which means you will do the 5 Levels of Helping Other People for Jesus Christ - Jehovah - Buddha. Spiritual Change will help you to make Spiritual Contributions.



The Process of the 5 Levels of Helping Other People

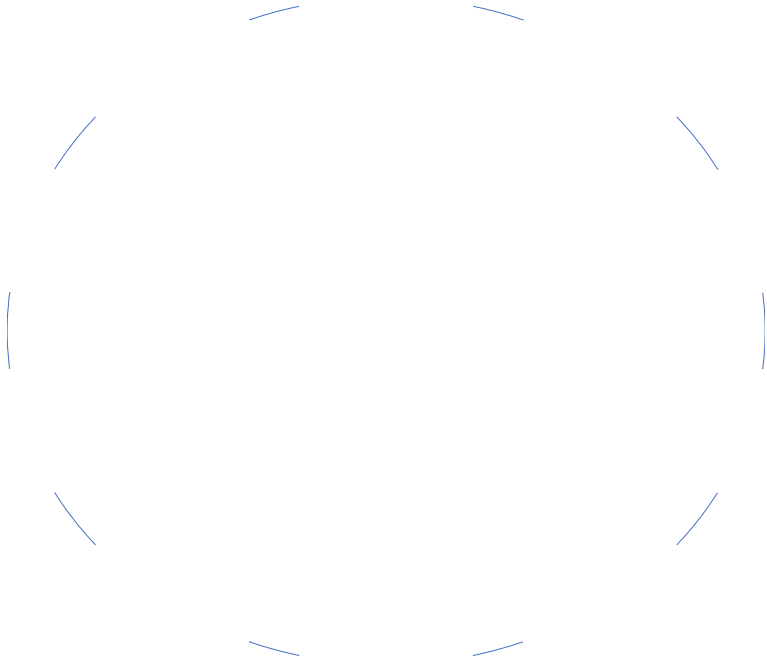


I want you to understand readers, spiritual leaders, spiritual seekers, spiritual creators that Spiritual Change is The Future and we need to Spiritual Change to Spiritually Help Other People in what they are going through.

The Characteristics of Spiritual Change

- **Love**
- **Care**
- **Compassion**
- **Empathy**

- **Kindness**
- **Gentleness**
- **Holiness**
- **Sacredness**
- **Righteousness**



Spiritual Change Is the Future

Spiritual Change Is The Future

Spiritual Education

Spiritual Teachin gs

Spiritual Knowledge

Spiritual
Wisdom

Spiritual
Learning

Spiritual
Understa
nding

Spiritual
Guidance

The Self

Suffering
- Pain -
Adversity

Overcomi
ng
Suffering
- Pain -
Adversity

Selflesne
ss

No Self

Spiritual
Awakenin
g

Spiritual
Revolutio
n

Psyche

Psycholo
gical
Mind

The Process of Spiritual Change Educational Process

1. Overcoming Suffering - Pain - Adversity
2. Ending of Suffering - Pain - Adversity (Nirvana)
3. Know Thyself
4. No Self & Selflessness
5. Spiritually Helping Other People
6. Spiritual Awakening
7. Spiritual Change
8. Spiritual Revolution
9. Spiritual Revelation
10. Spiritual Knowledge & Wisdom

- 11. Spiritual Education**
- 12. Spiritual Learning & Spiritual Understanding**
- 13. Spiritual Intuition**
- 14. Spiritual Intention**
- 15. Spiritual Actions**
- 16. Spiritual Worldview**
- 17. Spiritual Mindset**
- 18. Spiritual Attitude**
- 19. Spiritual Content**
- 20. Spiritual Nature**
- 21. Spiritual Teachings**
- 22. Spiritual Truth**

Summary of Spiritual Change is The Future

- Jesus Christ – Jehovah – Buddha want you to go through Spiritual Change
- Spiritual Change is The Future of Humanity – Animals – Universe
- Spiritual Change is The Future of Holiness & Sacredness
- Spiritual Change is The Future of Spiritual Eternity
- Spiritual Change is The Future of Spiritually Helping Other People
- Spiritual Change is The Future of No Self & Selflessness
- Spiritual Change Is the Future of Spiritual Learning & Spiritual Understanding
- Spiritual Change is The Future of Spiritual Knowledge & Wisdom
- Spiritual Change is The Future of Spiritually Changing Psyche & Psychological Mind
- Spiritual Change is The Future of Spiritual Revolution & Spiritual Revelation

- Spiritual Change is The Future of Nirvana & Heaven

Chapter 11 - Faith & Spirituality

Spiritual Change is important in Faith & Spirituality. Jesus Christ – Jehovah – Buddha want you to discover your Faith & Spirituality. Spiritual Change is very spiritual and will help you to discover Faith. When you discover Faith & Spirituality with Spiritual Change you will discover No Self & Selflessness. Faith & Spirituality make you humble, passionate, caring, kind, loving, empathic, compassionate towards Helping Other People. Faith & Spirituality is very important to discover because we need to believe in something higher than ourselves to do the work of Spiritually Helping Other People & Giving Back. Faith & Spirituality will help you to Spiritually Help Other People in what they are going through because your experience a Spiritual Transformation & Spiritual Change. Faith & Spirituality is something invisible which we are unable to see in visible. It is important to realise that Jesus Christ – Jehovah – Buddha are all in the invisible spiritual eternal realms of Space & Universe. Jehovah want to see your faith & spirituality because only Faith & Spirituality is the thing that can make Jehovah, please & happy. It is important to realise that we need Faith & Spirituality to Spiritually Help Other People in what they are going through.

Spiritual Change become the most important thing in Faith & Spirituality because without going through Spiritual Change you will not discover Faith & Spirituality.

Spiritual Change means Spiritually Changing your Faith & Spirituality.

Spiritual Change means Spiritually Changing your Psyche & Psychological Mind.

Spiritual Change means Spiritually Changing the Self into No Self.

If we want to be human beings who Spiritually Helping Other People and giving back then we need to Spiritually Change and discover Faith & Spirituality.

Faith & Spirituality is the Spiritual Change that makes you Spiritual & Faithful which will help you to Overcome the Self and become the No Self & Selflessness.

Faith & Spirituality helps you to build your Spiritual Connection with Jesus Christ – Jehovah – Buddha.

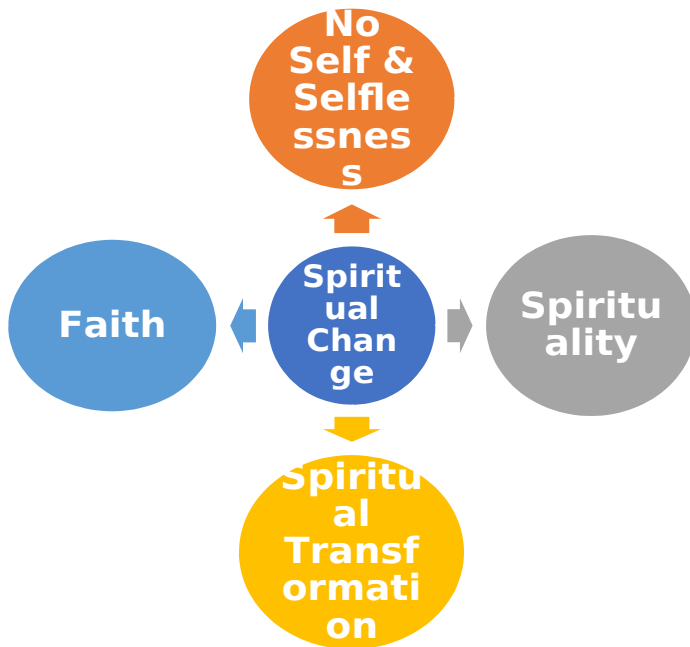
Faith & Spirituality will help you to build believe & hope in oneself

Spiritual Change will help you to discover Faith & Spirituality in No Self & Selflessness

Spiritual Change will grow your Faith & Spirituality in Know Thyself

The Process of Faith & Spirituality





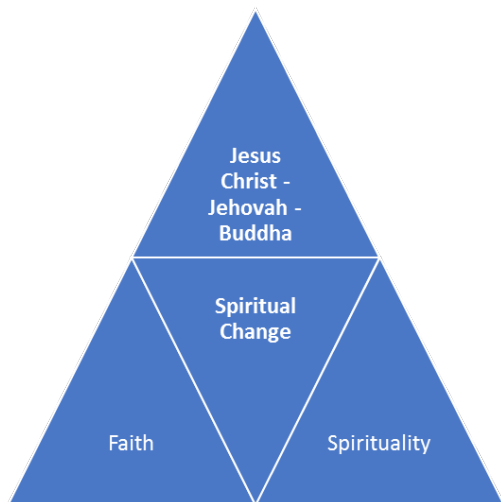
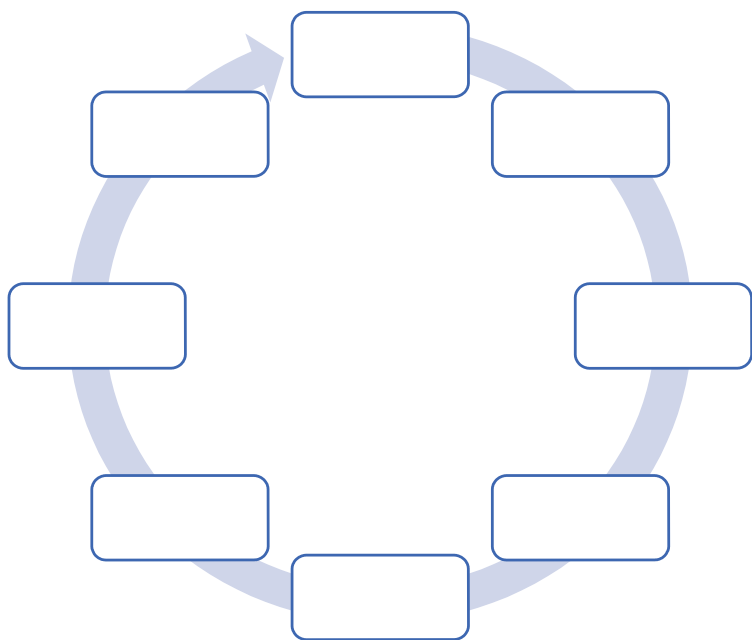
The Importance of Faith & Spirituality

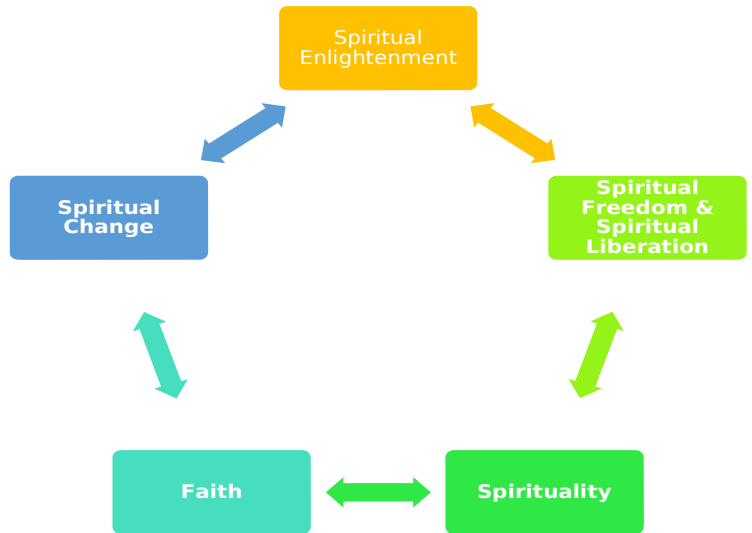
- 1. Faith & Spirituality is Important to Jesus Christ - Jehovah - Buddha**
- 2. Faith & Spirituality is Important for Spiritual Change**
- 3. Faith & Spirituality is Important for No Self & Selflessness**
- 4. Faith & Spirituality is Important to help you discover Know Thyself**
- 5. Faith & Spirituality is Important for Spiritual Truth**
- 6. Faith & Spirituality is Important for Religion**

- 7. Faith & Spirituality is Important to Overcome the Self to No Self**
- 8. Faith & Spirituality is Important in Spiritually Helping Other People**
- 9. Jesus Christ - Jehovah - Buddha want you to Spiritual Change to discover Faith & Spirituality**
- 10. Jehovah want you to work for him and to find your Faith & Spirituality**
- 11. Faith & Spirituality is the only way you can enter Spiritual Eternity**
- 12. Faith & Spirituality is the only way to Overcome the Self**
- 13. Faith & Spirituality is the only way to Overcoming Suffering - Pain - Adversity**
- 14. Faith & Spirituality is important for Ending Suffering - Pain - Adversity**
- 15. Faith & Spiritual is the only way to discover Spiritual Enlightenment**
- 16. Faith & Spirituality help to make you become Spiritually Free and Spiritually Liberated**



It is very important to go through Spiritual Change to find Faith & Spirituality. Jesus Christ - Jehovah - Buddha want you to go through Spiritual Change.

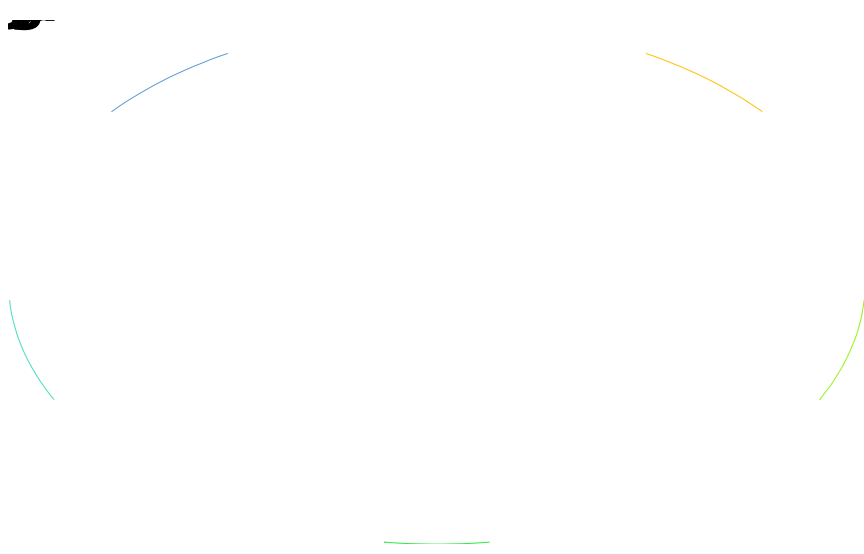






Developing 5 Spiritual Practice will help you to discover Faith & Spirituality

5 Spiritual Practices

- 
- 1) **Spiritual Practice 1 - Prayer**
 - 2) **Spiritual Practice 2 - Mindfulness**
 - 3) **Spiritual Practice 3 - Meditation**
 - 4) **Spiritual Practice 4 - Journalling**
 - 5) **Spiritual Practice 5 - Walking**

Faith & Spirituality will help you Spiritually Helping Other People & Giving Back. Spiritual Change will help you to do 5 Levels of Helping Other People & Giving Back.

Please remember readers, spiritual leaders, spiritual seekers, spiritual creators that Faith & Spirituality is the most important thing in Spiritual Change. Jesus Christ - Jehovah - Buddha want you to Spiritual Change,

discover Faith & Spirituality, Spiritually Helping Other People in what they going through, Spiritually Change Humanity - Animals - Universe for the better.

5 Levels of Helping Other People



Summary of Faith & Spirituality

- 1. Faith & Spirituality is Spiritual Change**
- 2. Jesus Christ - Jehovah - Buddha want you to discover Faith & Spirituality**
- 3. Jesus Christ - Jehovah - Buddha want you to Spiritual Change**

- 4.** Faith & Spirituality leads to Spiritual Freedom & Spiritual Liberation
- 5.** Faith & Spirituality is important for No Self & Selflessness
- 6.** Faith & Spirituality is Spiritual & Eternal
- 7.** Faith & Spirituality is Holiness & Sacredness
- 8.** Faith & Spirituality is Spiritual Religion
- 9.** Faith & Spirituality is Ending of Suffering - Pain - Adversities (Nirvana)
- 10.** Faith & Spirituality helps you to discover Know Thyself
- 11.** Faith & Spirituality helps to Overcome the Self to No Self
- 12.** 5 Spiritual Practices will help you discover Faith & Spirituality
- 13.** Faith & Spirituality will lead to Spiritual Enlightenment
- 14.** Faith & Spirituality will make you Spiritually Helping Other People

Chapter 12 - Jesus Christ Jehovah Buddha

Spiritual Change is important to Jesus Christ - Jehovah - Buddha. Spiritual Change is the Future of Humanity - Animals - Universe and Jesus Christ - Jehovah - Buddha want you to Spiritually Change. Jehovah will be to create Spiritual Revolution within Humanity - Animals - Universe and to end Suffering - Pain - Adversity to Mankind to help human beings live more joyful and happier. Jehovah truly want a Spiritual Revolution to happen with Humanity - Animals - Universe. As human beings we all have the opportunity to discover the Spiritual Life Purpose and Spiritual Calling that Jehovah has rightfully given us before we were born into World.

Jesus Christ - Jehovah - Buddha want to help Humanity and Inspire people to go through Spiritual Change.

I want you to understand readers, spiritual leaders, spiritual seekers, spiritual creators that we need to go through Spiritual Change to discover Jehovah Will and live our Spiritual Life Purpose & Spiritual Calling.

- Jesus Christ - Jehovah - Buddha want you to discover No Self & Selflessness
- Jesus Christ - Jehovah - Buddha want you to Spiritually Helping Other People & Give Back
- Jesus Christ - Jehovah - Buddha want you to become Spiritually Awakened & discover Spiritual Freedom & Spiritual Liberation
- Jesus Christ - Jehovah - Buddha want you to Spiritual Change to End Suffering - Pain -

Adversity in your life and to reach Heaven & Nirvana.

Jehovah has a Spiritual Life Purpose for your life and we need to discover that Spiritual Life Purpose of we are going to fulfil Jehovah will for our lives.

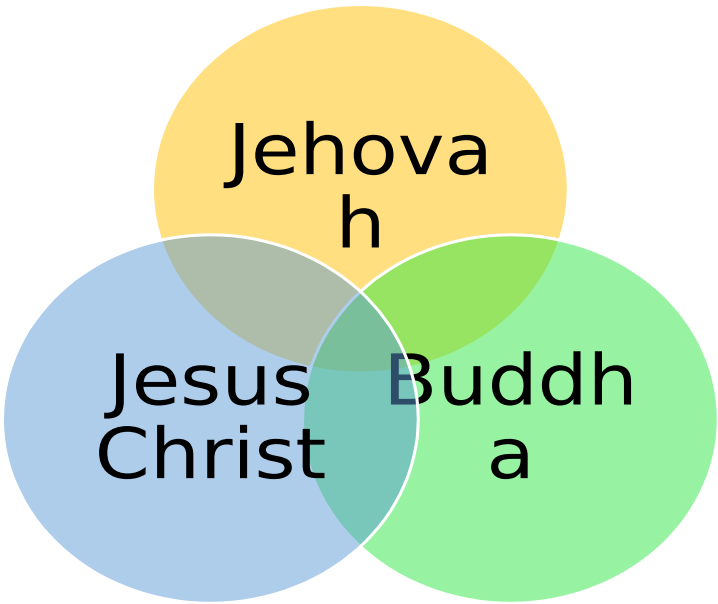
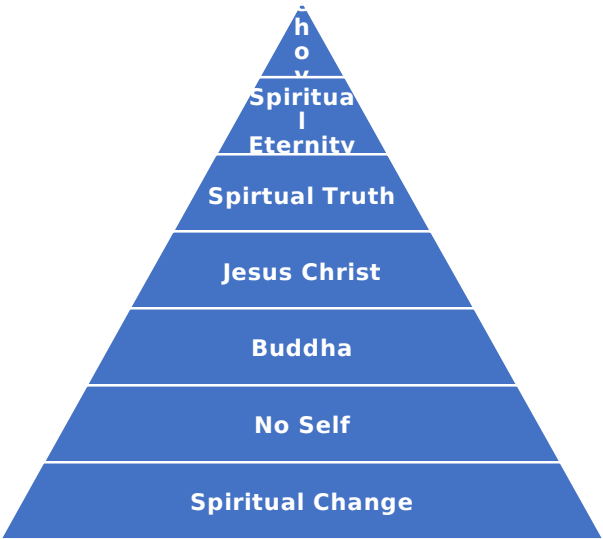
Jehovah is the Lord God of all Creations & Living Things and we must devote our lives to Jehovah and Follow his Spiritual Life Purpose & Spiritual Calling for our lives

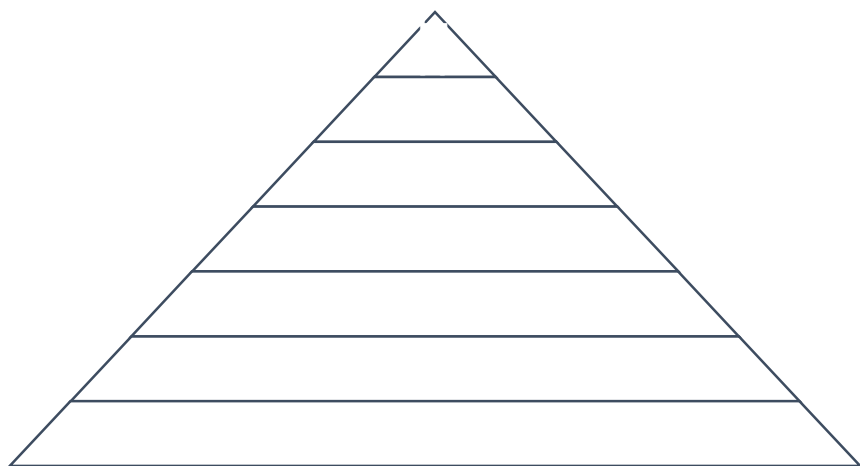
The Important of Spiritual Change for Jesus Christ - Jehovah - Buddha

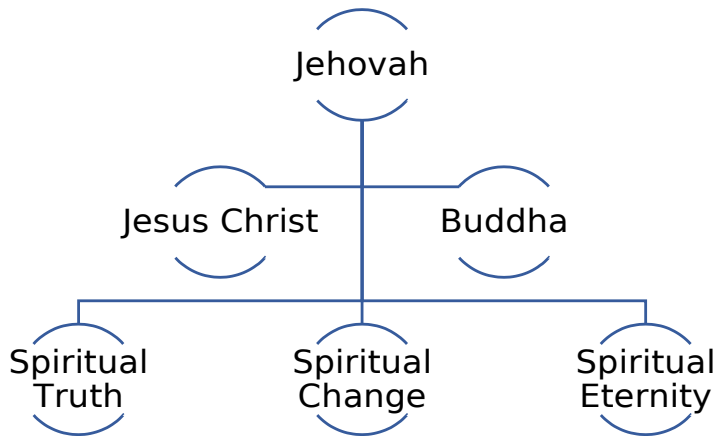
1. Spiritual Change Is Important for Jesus Christ - Jehovah - Buddha because Spiritual Change is the Future of Humanity - Animals - Universe
2. Jehovah Will is to Spiritual Change Humanity - Animals - Universe
3. Jehovah Will is to create Kingdom of Heaven on Earth
4. Jehovah Will is to Spiritual Change Human Beings to Spiritually Contribute to Life & Nature
5. Jesus Christ - Jehovah - Buddha want you to be Spiritually Free from Suffering - Pain - Adversity
6. Jehovah want to End all Suffering - Pain - Adversity - Death for all of Mankind
7. Spiritual Change is Important for Jesus Christ - Jehovah - Buddha because Humanity needs to discover No Self & Selflessness
8. Spiritual Change is Important for Jesus Christ - Jehovah - Buddha because Humanity need Salvation

9. Spiritual Change is Important for Jesus Christ
- Jehovah - Buddha because Humanity need
Faith & Spirituality
10. Jehovah want to create a Spiritual Timeless
Eternal World for Humanity - Animals -
Universe
11. Jehovah want all Human Beings to become
Spiritually Awakened and Spiritually
Liberated
12. Jehovah want all Human Beings to do Good
Works for Kingdom of God through Ministries
13. Jehovah want to save all Human Beings from
Death & Destruction
14. Jehovah want to give all Huma Beings
Salvation & Spiritual Enlightenment
15. Jesus Christ - Jehovah - Buddha want to
Inspire Humanity - Animals - Universe
16. Spiritual Change is Important for Jehovah
Spiritual Love & Peace
17. Jesus Christ - Jehovah - Buddha want to free
Humanity from Selfishness
18. Jehovah want all Human Beings to become
faithful & spiritual
19. Jehovah want all human beings to honour
him and worship him
20. Jehovah want to free humanity from The Self
to No Self
21. Jehovah want Humanity to Overcome
Suffering - Pain - Adversities
22. Jehovah want to End Violence, Corruption,
Lying, Destruction, Hatred for Humanity -
Animals - Universe
23. Jehovah want to spread Love & Peace to all
Livings Things (Humanity - Animals -
Universe)

24. Jehovah want Humanity - Animals - Universe
to discover Spiritual Truth







Spiritual Change is important for Jesus Christ - Jehovah - Buddha. Now I am going to talk about Jesus Christ - Jehovah - Buddha.

Genesis

The Beginning

1 In the beginning, God created the heaven and the earth.

- **Genesis 1.1 KJV - As we read that Jehovah created the Heaven & Earth. This is the**

scripture in the Holy Bible of Genesis. The living God (Jehovah) created the Heaven and Earth for Humanity - Animals - The universe and all living beings. Jehovah created everything in Heaven & Earth within the Cosmic & Universe. Jehovah is the Living Spiritual God of all creations. Jehovah was at the beginning of all creations and created Heaven & Earth for all of us.

2 And the earth was without form and void, and darkness was upon the face of the deep. And the Spirit of God moved upon the face of the waters.

- **Genesis 1.2 KJV - As we read Jehovah saw that Earth was without form and void which means that Earth was empty and how nothing inside of it. Jehovah saw that there was darkness of the deep and the Spirit of God moved upon the face of waters. Jehovah the living God saw that Earth was in darkness and something needed to happen for it to have life within his creations.**

3 And God said, let there be light: and there was light.

- **Genesis 1.3 KJV - Jehovah said let there be light on Earth and there was light within Earth which was in darkness & void. Jehovah created the light**

within Earth because Jehovah the living god has the Spiritual Authority to create all living things in Earth & Heaven. Jehovah wanted there to be light within Earth so that the void would be light & there would be no more darkness within Earth. It is important to realize that Jehovah created Light because he is the God of all Living things.

4 And God saw the light, that it was good: and God divided the light from the darkness.

- Genesis 1.4 KJV - Jehovah saw that the light was good and divided the light from the darkness which is very important in Creation. If**

Jehovah didn't separate the light from darkness, then we would live in the Earth which is in Deep void and darkness. Jehovah had to create light within the earth to help Humanity - Animals - The universe in his creation. This is very important to understand that light had to be created.

5 And God called the light Day, and the darkness he called Night. And the evening and the morning were the first day.

- Genesis 1.5 KJV - Jehovah called the light (Day) and the Darkness (Night). Jehovah separates the light from darkness. As we see life, we have 24 hours within the day**

we have Morning - Afternoon - Evening. Normally we have 12 hours of Light (Day) and 12 hours of darkness (Night) because Jehovah separated the light from darkness.

6 And God said, let there be a firmament in the midst of the waters, and let it divide the waters from the waters.

- Genesis 1.6 KJV - Jehovah divided the Firmament which means (the heavens or sky) from the waters from the waters. Jehovah separated the Heavens - Sky - Waters in his creations.

7 And God made the firmament, and divided the waters which were under the firmament from

the waters which were above the firmament: and it was so.

- **Genesis 1.7 KJV - Jehovah was separating the waters from heaven & sky in his creation. This is very important because within the waters we have Seas & Rivers so Jehovah had to separate and divide the waters from Heaven & sky.**

8 And God called the firmament Heaven. And the evening and the morning were the second day.

- **Genesis 1.8 KJV - Jehovah called the Firmament Heaven and Jehovah said it was the morning of the Second Day. This is very important to learn and realize because Jehovah**

was doing all of the creations in days (Day 1 to Day 6) within life we have 7 Days. Monday - Tuesday - Wednesday - Thursday - Friday - Saturday - Sunday. So, Jehovah finished the work of the Firmaments on the Second Day and called it Heaven which was on Tuesday.

9 And God said, Let the waters under the heaven be gathered together unto one place, and let the dry land appear: and it was so.

- Genesis 1.9 KJV - Jehovah started to gather all the waters under heaven to one place and let the dry land appear. This is very important to learn because, within Jehovah's**

creation, the waters (Sea & Rivers) are separated from Dry Land. When you look at land you can see the dry land and the Sea & Rivers flow through the Dry Land within affect the land because Jehovah separated the Waters & Land.

10 And God called the dry land Earth, and the gathering together of the waters called he Seas: and God saw that it was good.

- Genesis 1.10 KJV - Jehovah saw that the dry land was good and called it Earth and saw that the Sea was good. Jehovah was seeing his creations and said it was good. Jehovah is always working and creating new**

things in reality & universe. Jehovah saw his work as good because he was the living god of Everything. We need to understand that Jehovah can separate Earth - Heaven - Waters - Dry Land because he is the living god of all creation.

11 And God said, Let the earth bring forth grass, the herb yielding seed, and the fruit tree yielding fruit after his kind, whose seed is in itself, upon the earth: and it was so.

- Genesis 1.11 KJV - Jehovah created the grass, herb, seeds, fruits, and creations all of these things after its kind. Jehovah is the living god of all creation so it was very**

important to understand that Jehovah was making everything from its own kind - seed - fruits - herbs.

12 And the earth brought forth grass, and herb yielding seed after his kind, and the tree yielding fruit, whose seed was in itself, after his kind: and God saw that it was good.

- **Genesis 1.12 KJV - Jehovah saw that the grass - seed - fruit was good and Jehovah was seeing his creation as good. We need to understand that Jehovah doesn't rush any work he does in creation everything is done on a gradually slow progress which is very important to learn.**

13 And the evening and the morning were the third day.

- **Genesis 1.13 KJV - Jehovah finished his work in the evening and the morning was the third day. As we read through Jehovah's creation Jehovah was working on his spiritual creation for Humanity - Animals - Universe and work on each day which is very important to learn.**

14 And God said, let there be lights in the firmament of the heaven to divide the day from the night; and let them be for signs, and for seasons, and for days, and years:

- **Genesis 1.14 KJV - Jehovah said let the lights in the firmaments**

of the heaven divide the day from night. As we read Jehovah was continuing to separate the waters from Heavens & Sky. Jehovah shows signs of Seasons - days - years. As we have been reading Jehovah created the Seasons (spring, summer, autumn, winter), Days (Monday - Tuesday - Wednesday - Thursday - Friday - Saturday - Sunday), Years (1400 - 1500 - 1600 -1700 - 1900 - 2000 - 2025, etc)

15 And let them be for lights in the firmament of the heaven to give light upon the earth: and it was so.

- Genesis 1.15 KJV -Jehovah gave light in the firmament of the**

Heaven to the earth and it was so. As we read, we can see that Jehovah was creating light within Heaven & Earth.

16 And God made two great lights; the greater light to rule the day, and the lesser light to rule the night: he made the stars also.

- Genesis 1.16 KJV - Jehovah made two great lights 1) The greater light to rule the day. 2) lesser light to rule the night. Jehovah created the stars in the universe. As we read Jehovah is always creating new things in reality & universe.**

17 And God set them in the firmament of the heaven to give light upon the earth,

- **Genesis 1.17 KJV - Jehovah gave light to the Earth. Jehovah is trying to show Humanity - Animals - The universe that we need light within the Earth because everything is full of darkness. Jehovah wants you to understand without the light there will always be darkness. Jehovah in his creation was creating light for Humanity - Animals - Universe.**

18 And to rule over the day and over the night, and to divide the light from the darkness: and God saw that it was good.

- **Genesis 1.18 KJV - Jehovah saw that that the light he created was good which was ruler over**

the Day & Night. We need to understand that Jehovah is bringing light into Earth & Universe. Jehovah is always working to create light in his creation.

19 And the evening and the morning were the fourth day.

- Genesis 1.19 KJV - Jehovah finished his work in the evening and the morning was the fourth day. Jehovah is always working on his creation.**

20 And God said, Let the waters bring forth abundantly the moving creature that hath life and fowl that may fly above the earth in the open firmament of heaven.

- **Genesis 1.20 KJV - As we read that Jehovah was let the waters bring forth abundantly the moving of creature (living Beings). Jehovah continues to open up the firmament of heaven. As we read Jehovah was always creating new things in his creation.**

21 And God created great whales, and every living creature that moveth, which the waters brought forth abundantly, after their kind, and every winged fowl after his kind: and God saw that it was good.

- **Genesis 1.21 KJV - Jehovah was creating all living creatures and Jehovah saw it was good. As we read Jehovah saw that**

his creation of a living creature was good.

22. And God blessed them, saying, be fruitful, and multiply, and fill the waters in the seas, and let fowl multiply in the earth.

- **Genesis 1.21 KJV - Jehovah blessed the living creature and said become fruitful and multiply. Fill the waters - seas - and airs on earth. Jehovah blessed the living creatures on earth.**

23. And the evening and the morning were the fifth day.

- **Genesis 1.22 KJV - Jehovah finished his work and it was evening and the morning was the fifth day. Jehovah is always**

working and creating new things in creation.

24 And God said, Let the earth bring forth the living creature after his kind, cattle, and creeping thing, and beast of the earth after his kind: and it was so.

- **Genesis 1.24 KJV - Jehovah said let the earth bring forth the living creature after his kind. As we read Jehovah was always creating living creatures after their kind.**

25 And God made the beast of the earth after his kind, and cattle after their kind, and everything that creepeth upon the earth after his kind: and God saw that it was good.

- **Genesis 1.25 KJV - Jehovah continued to create every living creature after their kind. As we read Jehovah is the living god of all creations and all living things.**

26 And God said, let us make man in our image, after our likeness: and let them have dominion over the fish of the sea, and over the fowl of the air, and over the cattle, and over all the earth, and over every creeping thing that creepeth upon the earth.

- **Genesis 1.26 KJV - Jehovah created Human Beings in our image (humans possess unique qualities that reflect God's character, such as intellect, morality, and the ability to**

relate to God and others). Jehovah created human beings to have dominion over creatures (Animals). As we read, we can see that Jehovah is giving human beings spiritual authority over living creatures.

27 So God created man in his own image, in the image of God created he him; male and female created he them.

- Genesis 1.27 KJV - Jehovah created Male & Female in the likeness of their own image.**

28 And God blessed them, and God said unto them, be fruitful, and multiply, and replenish the earth, and subdue it: and have dominion

over the fish of the sea, and over the fowl of the air, and over every living thing that moveth upon the earth.

- **Genesis 1.28 KJV - Jehovah wanted human beings to become fruitful and multiply over living creatures (animals). Jehovah is giving humanity the opportunity to be a part of creation and work for him. Jehovah wants you to work for him and live your life when you're spiritually going all out for Jehovah. This is very important and must be learned Jehovah wants you to be blessed and multiply and become abundance.**

29 And God said, Behold, I have given you every herb bearing seed, which is upon the face of all the earth, and every tree, in the which is the fruit of a tree yielding seed; to you, it shall be for meat.

- **Genesis 1.29 KJV - Jehovah is giving us all herbs, every tree, every fruit for us.**

30 And to every beast of the earth, and to every fowl of the air, and to everything that creepeth upon the earth, wherein there is life, I have given every green herb for meat: and it was so.

- **Genesis 1.30 KJV - Jehovah was giving as every fruit - every tree - every herb for us.**

31 And God saw everything that he had made, and, behold, it was very good. And the evening and the morning were the sixth day.

- **Genesis 1.31 KJV - Jehovah said all his creation was good and Jehovah saw it was evening and the morning was the sixth day.**

2 Thus the heavens and the earth were finished, and all the host of them.

- **Genesis 2.1 KJV - Jehovah finished all his work on the Seventh Day (Day 7).**

2 And on the seventh day God ended his work which he had made, and he rested on the seventh day

from all his work which he had made.

- **Genesis 2.2 KJV - Jehovah completed all of his work of Creation on the Seventh day (Heaven & Earth) and Jehovah rested from all his work which he had made.**

3 And God blessed the seventh day, and sanctified it: because that in it he had rested from all his work which God created and made.

- **Genesis 2.3 KJV - Jehovah rested from all his work he had made and sanctified the Seventh day (Day 7) which is a Sunday (Jehovah sanctified the seventh day because He rested from His work of creation on**

that day, as stated in Genesis 2:2-3. He blessed and set it apart as holy to mark the completion of creation and as an example for humanity to follow)

It is important to realize that Jehovah wanted Humanity - Animals - Universe to live in unity, love, peace, and harmony with his creations. Jehovah is a living spiritual god of blessings and abundance. Jehovah wants us to live our lives and honour him and his creations. Jehovah has given us all life to live for him and live our lives honouring him.

It is important to understand that Jehovah is the living god of all creations - The Beginning - The Middle - The End (The First & The Last of All Creation) (The Alpha & The Omega).

Jehovah is the living spiritual god of all creations which means that Jehovah is No Self he is everywhere and everything.

In the Holy Bible, it says

John 4:24 KJV

24 God is a Spirit: and they that worship him must worship him in spirit and in truth.

John 14:10-11

Do you not believe that I am in the Father, and the Father in Me? The words that I speak to you I do not speak on My own authority, but the Father who dwells in Me does the works. Believe Me that I am in the Father and the Father in Me, or else believe Me for the sake of the works themselves.

John 14:23

Jesus answered and said to him, "If anyone loves Me, he will keep My word; and My Father will love him, and We will come to him and make Our home with him.

2 Corinthians 3:17

Now the Lord is the Spirit; and where the Spirit of the Lord is, there is liberty.

John 14:20

On that day you will know that I am in My Father, and you in Me, and I in you.

John 17:21-22

that they all may be one, as You, Father, are in Me, and I in You; that they also may be one in Us, that the world may believe that You sent Me. And the glory which You gave Me I have given them,

that they may be one just as We are one:

We need to understand that Jehovah is everywhere and lives within everything because he is the creator of all creations and all living beings. As we understand that Jehovah is a Spirit and Jehovah's spirit lives in us, we need to learn how we can discover Jehovah's spirit.

The No Self is the spirit of Jehovah because it is a spiritual change between living & dying.

In the Bible, Jehovah's primary purpose for humanity is to have humans live forever in a paradise on earth, enjoying perfect health and conditions. He created humans with a "spiritual need" to know and worship him, and He desires for

them to develop a close relationship with Him. This purpose is fulfilled through obedience to His commands and the establishment of His Kingdom.

Jehovah wants human beings to worship him and live a life honouring him. Jehovah's purpose within Humanity is for human beings to live in love, peace, and harmony and to establish their Kingdom of Heaven on Earth.

By discovering the No Self, we discover and build a closer relationship with Jehovah. It is important that we read the bible and understand what Jehovah wants us to do in life.

Jehovah is the living god of all creations and Jehovah has called all human beings to worship and live for him.

Jehovah wants humanity to discover the No Self and help Humanity - Animals - Universe lives in Love, Peace Harmony, and Unity.

Jehovah wants us to be obedient to his commandments and laws which he has given Humanity.

The Ten Commandants (Jehovah Laws & Commandants)

The Ten Commandants

1. You shall have no gods before me.
2. You shall not make any idols to worship.
3. You shall not take the Lord's name in vain.
4. Remember the Sabbath day and keep it holy.
5. Honour your father and your mother.

6. You shall not kill.
7. You shall not commit adultery.
8. You shall not steal.
9. You shall not bear false witness.
10. You shall not covet your neighbour's goods.

Jehovah has given us these commandments so that we live life righteously and honour our relationship with Jehovah.

When we understand that the No Self is the Spiritual Change of Humanity.

We can only understand the No Self when we understand Jehovah's Spirit.

Jesus Christ

We are now going to understand Jesus Christ's ministry on Earth because this is very important in understanding No Self.

In order to understand Jesus Christ's Ministry, we need to look through the Bible Scriptures.

Jesus' ministry, as described in the Bible, involved teaching, preaching, healing, and casting out demons, all while embodying God's kingdom and serving others. Key scriptures highlight his teachings.

John 3:16 ESV

“For God so loved the world, that he gave his only Son, that whoever believes in him should not perish but have eternal life.

Luke 19:10 ESV

For the Son of Man came to seek and to save the lost.”

Matthew 28:18-20

And Jesus came and said to them, “All authority in heaven and on earth has been given to me. Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, teaching them to observe all that I have commanded you. And behold, I am with you always, to the end of the age.”

Ephesians 4:11-13

And he gave the apostles, the prophets, the evangelists, the shepherds, and teachers, to equip the saints for the work of ministry, for building up the body of Christ, until we all attain to the unity of the faith and of the knowledge of the Son of God, to mature

manhood, to the measure of the stature of the fullness of Christ

2 Corinthians 4:1-6

Therefore, having this ministry by the mercy of God, we do not lose heart. But we have renounced disgraceful, underhanded ways. We refuse to practice cunning or to tamper with God's word, but by the open statement of the truth, we would commend ourselves to everyone's conscience in the sight of God. And even if our gospel is veiled, it is veiled to those who are perishing. In their case the god of this world has blinded the minds of the unbelievers, to keep them from seeing the light of the gospel of the glory of Christ, who is the image of God. For what we proclaim is not

ourselves, but Jesus Christ as Lord, with ourselves as your servants for Jesus' sake. For God, who said, "Let light shine out of darkness," has shone in our hearts to give the light of the knowledge of the glory of God in the face of Jesus Christ.

John 5:17

But Jesus answered them, "My Father has been working until now, and I have been working."

John 6:44-45

No one can come to Me unless the Father who sent Me draws him, and I will raise him up on the last day. It is written in the prophets, 'And they shall all be taught by God. 'Therefore, everyone who has heard

and learned from the Father comes to Me.

1 Corinthians 15:28

Now when all things are made subject to Him, then the Son Himself will also be subject to Him who put all things under Him, that God may be all in all.

John 4:34

Jesus said to them, "My food is to do the will of Him who sent Me and to finish His work.

John 9:4

I must work the works of Him who sent Me while it is day; the night is coming when no one can work.

Hebrews 12:2

looking unto Jesus, the author and finisher of our faith, who for the joy that was set before Him endured the cross, despising the shame, and has sat down at the right hand of the throne of God.

John 1:14 ESV

And the Word became flesh and dwelt among us, and we have seen his glory, glory as of the only Son from the Father, full of grace and truth.

John 14:6 ESV

Jesus said to him, "I am the way, and the truth, and the life. No one comes to the Father except through me.

John 4:46-54

Jesus Heals an Official's Son

46 So he came again to Cana in Galilee, where he had made the water wine. And at Capernaum, there was an official whose son was ill. 47 When this man heard that Jesus had come from Judea to Galilee, he went to him and asked him to come down and heal his son, for he was at the point of death. 48 So Jesus said to him, “Unless you[a] see signs and wonders you will not believe.” 49 The official said to him, “Sir, come down before my child dies.” 50 Jesus said to him, “Go; your son will live.” The man believed the word that Jesus spoke to him and went on his way. 51 As he was going down, his servants[b] met him and told him that his son

was recovering. 52 So he asked them the hour when he began to get better, and they said to him, “Yesterday at the seventh hour[c] the fever left him.” 53 The father knew that was the hour when Jesus had said to him, “Your son will live.” And he himself believed, and all his household. 54 This was now the second sign that Jesus did when he had come from Judea to Galilee.

Luke 13:10-17 ESV

Now he was teaching in one of the synagogues on the Sabbath. And behold, there was a woman who had had a disabling spirit for eighteen years. She was bent over and could not fully straighten herself. When Jesus saw her, he called her over and said to her,

“Woman, you are freed from your disability.” And he laid his hands on her, and immediately she was made straight, and she glorified God. But the ruler of the synagogue, indignant because Jesus had healed on the Sabbath, said to the people, “There are six days in which work ought to be done. Come on those days and be healed, and not on the Sabbath day.”

Matthew 8:5-13 ESV

When he had entered Capernaum, a centurion came forward to him, appealing to him, “Lord, my servant is lying paralyzed at home, suffering terribly.” And he said to him, “I will come and heal him.” But the centurion replied, “Lord, I am not worthy to have you come under

my roof, but only say the word and my servant will be healed. For I too am a man under authority, with soldiers under me. And I say to one, ‘Go,’ and he goes, and to another, ‘Come,’ and he comes, and to my servant, ‘Do this,’ and he does it.” ...

Luke 8:43-48 ESV

And there was a woman who had had a discharge of blood for twelve years, and though she had spent all her life on physicians, she could not be healed by anyone. She came up behind him and touched the fringe of his garment, and immediately her discharge of blood ceased. And Jesus said, “Who was it that touched me?” When all denied it, Peter said, “Master, the crowds

surround you and are pressing in on you!” But Jesus said, “Someone touched me, for I perceive that power has gone out from me.” And when the woman saw that she was not hidden, she came trembling, and falling down before he declared in the presence of all the people why she had touched him, and how she had been immediately healed. ...

John 9:1-41 ESV

As he passed by, he saw a man blind from birth. And his disciples asked him, “Rabbi, who sinned, this man or his parents, that he was born blind?” Jesus answered, “It was not that this man sinned, or his parents, but that the works of God might be displayed in him. We must

work the works of him who sent me while it is day; night is coming when no one can work. As long as I am in the world, I am the light of the world.” ...

Mark 1:40-45 ESV

And a leper came to him, imploring him, and kneeling said to him, “If you will, you can make me clean.” Moved with pity, he stretched out his hand and touched him and said to him, “I will; be clean.” And immediately the leprosy left him, and he was made clean. And Jesus sternly charged him and sent him away at once, and said to him, “See that you say nothing to anyone, but go, show yourself to the priest and offer for your cleansing what Moses

commanded, for a proof to them.” ...

Matthew 8:23-27 ESV

And when he got into the boat, his disciples followed him. And behold, there arose a great storm on the sea so that the boat was being swamped by the waves; but he was asleep. And they went and woke him, saying, “Save us, Lord; we are perishing.” And he said to them, “Why are you afraid, O you of little faith?” Then he rose and rebuked the winds and the sea, and there was a great calm. And the men marveled, saying, “What sort of man is this, that even winds and sea obey him?”

Matthew 9:27-31 ESV

And as Jesus passed on from there, two blind men followed him, crying aloud, “Have mercy on us, Son of David.” When he entered the house, the blind men came to him, and Jesus said to them, “Do you believe that I am able to do this?” They said to him, “Yes, Lord.” Then he touched their eyes, saying, “According to your faith be it done to you.” And their eyes were opened. And Jesus sternly warned them, “See that no one knows about it.” But they went away and spread his fame through all that district.

Mark 7:31-37 ESV

Then he returned from the region of Tyre and went through Sidon to the Sea of Galilee, in the region of the

Decapolis. And they brought to him a man who was deaf and had a speech impediment, and they begged him to lay his hand on him. Taking him aside from the crowd privately, he put his fingers into his ears, and after spitting touched his tongue. And looking up to heaven, he sighed and said to him, “Ephphatha,” that is, “Be opened.” And his ears were opened, his tongue was released, and he spoke plainly. ...

John 2:15

15 So he made a whip out of cords, and drove all from the temple courts, both sheep and cattle; he scattered the coins of the money changers and overturned their tables.

John 4:48

48 “Unless you people see signs and wonders,” Jesus told him, “You will never believe.”

John 15:13-15

13 Greater love has no one than this: to lay down one’s life for one’s friends.

14 You are my friends if you do what I command.

15 I no longer call you servants, because a servant does not know his master’s business. Instead, I have called you friends, for everything that I learned from my Father I have made known to you.

John 17:21-23

21 that all of them may be one, Father, just as you are in me and I am in you. May they also be in us so that the world may believe that you have sent me.

22 I have given them the glory that you gave me, that they may be one as we are one—

23 I in them and you in me—so that they may be brought to complete unity. Then the world will know that you sent me and have loved them even as you have loved me.

When we read through the Bible Scriptures of Jesus Christ, we can see that Jesus Christ was doing Jehovah's Will and the work which Jesus Christ did on earth was to build Jehovah's Kingdom & build the Church. Jesus Christ was the

founder of Christianity (Religion) and wanted Humanity to be united with Jehovah on earth. Jesus Christ builds the church to bring Christians & Followers to worship Jehovah. Jesus Christ was born from the Holy Spirit & Mary (Mother of Jesus Christ). Jehovah wanted Mary to be born to Jesus Christ because Jesus Christ was the saviour of humanity and the Son of Man. Jesus Christ had to come into the world through a woman which is how all babies are born into the world but Jesus Christ was a special baby because he was not born by a human being's father but by living God Jehovah. Jesus Christ's life was to do Jehovah's will and build the kingdom of God. Jesus Christ focused his whole life on ministry from beginning to end and fulfilled his spiritual calling on earth for Jehovah.

Jesus Christ's life was the No Self and Jesus Christ served all of Humanity by healing, preaching, teaching, evangelizing, ministering, and pastoring.

Jesus Christ wanted the 12 Disciples to finish the work of Jehovah's Kingdom on earth before Jesus Christ ascended to heaven to be with Jehovah.

Jesus Christ had to die on the cross to save humanity from sins & destruction.

Jesus Christ is the way humanity builds a relationship with Jehovah by believing in who Jehovah sent which was Jesus Christ.

By shedding His blood on the cross, Jesus took the punishment we deserve and offered us His righteousness. When we trust Christ for our salvation, essentially, we are making a trade. By

faith, we trade our sin and its accompanying death penalty for His righteousness and life.

Jesus Christ wants Humanity to take up their cross and Follow Me and Jesus Christ always wants us to do Jehovah's Will.

Matthew 16:24-26

24 Then Jesus told his disciples, “If anyone would come after me, let him deny himself and take up his cross and follow me. 25 For whoever would save his life will lose it, but whoever loses his life for my sake will find it.

Jesus Christ is trying to show us in this bible scripture that we must lose our lives to gain spiritual life & No Self by denying ourselves, take up your cross,

follow me you will be living the spirit of Jehovah which is the Spiritual Change of No Self.

No Self in Jesus Christ's life was to live for Jehovah and finish all the work he was put on Earth to do for Jehovah.

Buddha

We are now going to look at Buddha's work & ministry in Buddhism (Religion)

The Buddha's "Work" — His Life Mission

After attaining enlightenment under the Bodhi tree around the age of 35, the Buddha dedicated the rest of his life (about 45 years) to:

- Teaching the Dharma (truth/law of existence)
- Helping others achieve liberation from suffering (dukkha)

- Establishing a monastic community (the Sangha)

Buddha Ministry – How He Carried Out His Mission

- **First Sermon at Sarnath**

Right after enlightenment, he delivered his first teaching to five former companions. This sermon included the foundational concepts:

- The Four Noble Truths
- The Noble Eightfold Path

This moment marks the beginning of his ministry.

- **Traveling Teacher**

He spent most of his life walking through northern India and Nepal, teaching all kinds of people — kings, merchants, monks, women, even

criminals — in parks, forests, and villages.

- **Establishing the Sangha**

He created a community of monks and nuns to preserve and spread his teachings. The Sangha still exists today in many forms.

- **Core Message of His Ministry**

Life involves suffering, but there's a path to end it — through ethical living, meditation, and wisdom.

He rejected blind faith and emphasized direct experience, compassion, and inner peace.

- **Legacy**

The Buddha passed away at 80 (around 483 BCE), entering Parinirvana — complete liberation. His teachings

formed the foundation of Buddhism, which spread throughout Asia and, eventually, the world.

Buddha's Ministry Timeline

- 563 BCE – Birth of Siddhartha Gautama

Born into a royal family in Lumbini (modern-day Nepal)

Lived a sheltered, luxurious life

- 29 years old – The Four Sights

Saw an old man, a sick person, a corpse, and a monk

Realized life includes suffering → began a spiritual quest

- 35 years old – Enlightenment

Meditated under the Bodhi tree in Bodhi Gaya

Became the Buddha (“Awakened One”)

- First Teaching at Sarnath

Taught the Four Noble Truths and Eightfold Path

Formed the first community of monks (Sangha)

- 35–80 years old – Ministry Years

Travelled throughout northern India for 45 years

Taught kings, farmers, monks, women, and children

Encouraged compassion, meditation, and self-awareness

- 483 BCE – Death (Parinirvana)

Passed away in Kushinagar

The Four Noble Truths

- Dukkha – Life involves suffering

- Samudaya – Suffering has a cause (craving, attachment)
- Nirodha – There is an end to suffering
- Magga – Follow the Noble Eightfold Path to end it

The Noble Eightfold Path

Divided into 3 categories:

Wisdom

- Right View
- Right Intention

Ethics

- Right Speech
- Right Action
- Right Livelihood

Meditation

- Right Effort
- Right Mindfulness

- Right Concentration

Key Values of His Ministry

- Compassion over judgment
- Mindfulness in every moment
- Inner peace over material wealth

Liberation is for everyone — not just priests or elites

Buddha's teachings on meditation are at the very heart of his path to enlightenment and form a central pillar of Buddhist practice. Here are the key aspects of his teachings on meditation:

- **Purpose of Meditation in Buddhism**

Meditation isn't just about relaxation or stress relief (though that can happen). For the Buddha, meditation was a path to:

Insight (Vipassana) - Seeing reality clearly, understanding the nature of impermanence, suffering, and the self.

Calm (Samatha) - Developing deep states of mental stillness and concentration.

Liberation (Nirvana) - Freeing the mind from ignorance, craving, and suffering.

2. The Two Main Types of Meditation

Samatha (Calm-abiding)

Focuses on concentration and mental stillness.

Often involves focusing on the breath, a mantra, or a visual object.

Leads to deep states of meditative absorption (jhana).

Vipassana (Insight)

Involves observing bodily sensations, thoughts, and feelings with non-attachment.

Aimed at seeing the true nature of reality — impermanence (anicca), suffering (dukkha), and non-self (anatta).

Many traditions (like Theravāda) use Samatha as a foundation to build up to Vipassana.

3. The Four Foundations of Mindfulness (Satipatthana)

This is a core teaching from the Buddha, found in the Satipatthana Sutta, and it outlines where to place your awareness:

Mindfulness of Body – Breathing, posture, movements, and physical sensations.

Mindfulness of Feelings – Pleasant, unpleasant, or neutral feelings.

Mindfulness of Mind – Observing states like anger, desire, confusion, etc.

Mindfulness of Mental Objects – Examining thoughts, teachings (like the Four Noble Truths), and mental patterns.

4. Meditation in the Eightfold Path

Right Meditation (or Right Concentration) is the 8th limb of the Noble Eightfold Path, but it also links with:

Right Mindfulness – Awareness without judgment.

Right Effort – Cultivating wholesome states and letting go of unwholesome ones.

5. What the Buddha Said

A few direct quotes attributed to the Buddha:

"Do not dwell in the past, do not dream of the future, concentrate the mind on the present moment."

"Meditate ... do not delay, lest you later regret it."

"Just as a candle cannot burn without fire, men cannot live without a spiritual life."

The Four Noble Truths

1. The Noble Truth of Suffering (Dukkha)

What it means:

Life involves suffering or dissatisfaction. This doesn't mean everything is miserable, but that even happiness is temporary and subject to change.

Examples of suffering:

- Physical pain or illness
- Emotional pain like sadness, anxiety, or heartbreak
- The discomfort of change or not getting what you want
- The suffering of birth, aging, and death

Key idea:

Suffering is a natural part of existence. Recognizing it is the first step toward freedom.

2. The Noble Truth of the Cause of Suffering (Samudaya)

What it means:

Suffering is caused by craving or attachment (tanha). We suffer because we desire things to be a certain way, and we cling to experiences, people, or identities.

Main causes:

- Craving pleasure
- Wanting to avoid pain
- Clinging to the existence or a sense of "self"

Key idea:

Desire and ignorance are at the root of suffering. When we don't see things as they truly are, we cling—and that clinging leads to pain.

3. The Noble Truth of the End of Suffering (Nirodha)

What it means:

It is possible to end suffering by letting go of craving and attachment. This state is called Nirvana—a liberation from the cycle of suffering and rebirth.

Key idea:

There is peace, freedom, and happiness beyond suffering. It can be realized by understanding and abandoning the causes of suffering.

4. The Noble Truth of the Path to the End of Suffering (Magga)

What it means:

There's a clear path to end suffering, known as the Noble Eightfold Path. It's a

practical guide to ethical living, mental discipline, and wisdom.

The Eightfold Path includes:

1. **Right View** – Understanding the Four Noble Truths
2. **Right Intention** – Commitment to compassion and non-attachment
3. **Right Speech** – Speaking truthfully and kindly
4. **Right Action** – Behaving ethically and non-harmfully
5. **Right Livelihood** – Earning a living in a way that doesn't cause harm
6. **Right Effort** – Cultivating positive states of mind
7. **Right Mindfulness** – Being aware of body, feelings, and mind
8. **Right Concentration** – Practicing meditation to deepen awareness

What is non-self?

The teaching of non-self says:

"There is no unchanging, permanent self, soul, or essence in any being or thing."

This is in contrast to many other philosophies or religions that believe in a fixed, eternal soul or self (ātman).

- How Did the Buddha Teach It?

The Buddha observed that:

Everything we think of as "me" or "mine" — the body, thoughts, feelings, perceptions, even consciousness — is impermanent, changing, and not truly ours.

These are all part of the Five Aggregates (pañcakkhandha):

- Form (physical body)

- Feeling (sensations)
- Perception (recognition of things)
- Mental formations (thoughts, intentions)
- Consciousness (awareness)

He said none of these are "self" because they are constantly changing and we cannot control them.

"This is not mine, this I am not, this is not myself."

— Anatta-lakkhana Sutta (Discourse on the Not-Self Characteristic)

- Why Is This Important?

Believing in a solid "self" leads to:

- Attachment
- Craving
- Ego
- Suffering

When we see through the illusion of self, we let go of clinging, and that leads to liberation (nibbāna).

- In Practice

Buddhist practice encourages:

- Mindfulness to observe how thoughts, feelings, and identity shift constantly.
- Meditation to see directly that what we take as “I” is just a bundle of processes.

This insight brings peace because we stop trying to protect or satisfy a self that isn't really there.

Buddha was the awakened one and wanted to free Humanity from Suffering. In the Buddha's life & ministry, he was

focused on helping Humanity to attain enlightenment and freedom from Suffering. Buddha was a spiritual human being who went on the spiritual path of enlightenment & spiritual liberation. Because the Buddha attained enlightenment when he was 35 years old, he spent 45 Years Teaching (Dukkha), (Samudaya), (Nirodha), (Magga), (and Buddhism) to humanity & Buddhist disciples.

Buddha said that No Self is the "There is no unchanging, permanent self, soul, or essence in any being or thing."

Buddha was explaining that we need to live the No Self to be Thyself – Truth Self – Eternal Self – No Self.

Buddha was explaining that the No Self comes from the right Meditation & Mindfulness. Buddha explained that once you gain enlightenment & spirituality you will understand the Four Noble Truths & The Noble Eightfold Path. Buddha said to be awakened you need to have Truth Knowledge & Wisdom and live life righteous & spiritually.

The Noble Eightfold Path

Wisdom

- Right View
- Right Intention

Ethics

- Right Speech
- Right Action
- Right Livelihood

Meditation

- Right Effort
- Right Mindfulness
- Right Concentration

Buddha was the first spiritual human being to discuss the No Self and live his ministry helping humanity to become free from Suffering. Buddha wanted to end suffering for Humanity and his 45 years of Ministry were focused on Ending Suffering - Spiritual Freedom - Spiritual Liberation.

Buddha was Spiritually Helping Other People & Living the Non-Self.

Buddha was the awakened one and Buddha's teachings were helping humanity find spiritual truth - Knowledge - Wisdom in oneself.

Buddha wanted Humanity to find love & peace within oneself which brings true Spiritual Freedom & Spiritual Liberation.

Buddha is the founder of Buddhism (Religion) and has built Buddhist temples & centres for Humanity to worship Jehovah (God).

Summary for Jesus Christ - Jehovah - Buddha

1. Jesus Christ - Jehovah - Buddha want Humanity to go through Spiritual Change
2. Jesus Christ - Jehovah - Buddha want Spiritual Revolution in Humanity - Animals - Universe
3. Jesus Christ - Jehovah - Buddha want to End Suffering - Pain - Adversity for Mankind
4. Jesus Christ - Jehovah - Buddha want to created Kingdom of Heaven & Nirvana on Earth
5. Jesus Christ - Jehovah - Buddha want Humanity to discover No Self & Selflessness
6. Jesus Christ - Jehovah - Buddha want Humanity to become Spiritually Awakened and Spiritually Enlightened
7. Jesus Christ - Jehovah - Buddha want Spiritual Freedom & Spiritual Liberation for all of Humanity - Animals - Universe

8. Jehovah want to spread Spiritual Love & Peace within Humanity – Animals – Universe
9. Jehovah want to End Violence, Corruption, Destruction for all of Humanity – Animals – Universe
10. Jehovah want Humanity to discover Spiritual Truth
11. Jehovah want to End Death and give Humanity Eternal Life

Chapter 13 - Spiritual Eternity

Spiritual Change is Important in Spiritual Eternity. Jesus Christ - Jehovah - Buddha is giving all Humanity the opportunity to go through Spiritual Change and help Humanity - Animals - Universe. Spiritual Eternity is the life destination of all Humanity - Animals - Universe because everything within life with surely Pass Away and die. It is important to realise that Jesus Christ - Jehovah - Buddha want you to enter Spiritual Eternity and go to Heavenly realms where Jehovah - Jesus Christ - Buddha lives in Spiritual Eternity. It is important to realise that we all have a Spiritual Life Purpose and Spiritual Calling on our lives and as we are living on earth, we have the opportunity to fulfil our destiny.

Jehovah will be to Spiritually Change Humanity - Animals - Universe and to bring Kingdom of Heaven on Earth.

All Human Beings have 1 life to live but what become very important is how you live your life while you're living on earth.

Jesus Christ - Jehovah - Buddha want you to go through Spiritual Change, so you can do the work of Ministries, Faith, Spirituality.

Jesus Christ - Jehovah - Buddha want you to go to heaven but as human beings we need to live a faithful, spiritual, truthful life as we are living.

Jehovah is the living God of all creations who has created you, so it important to realise that we must honour our relationship with our Heavenly Eternal Creator.

How you live on earth now will determine how you live your life in Spiritual Eternity

Once we die as human beings we no longer exist in the Physical and Material realms. As we pass away as human being, we go to the Spiritual Timeless Eternal realms.

Jehovah is a very holy, true, righteousness, great God to serve and Jehovah is giving you the opportunity to work for him and make your mark on earth & universe.

Spiritual Eternity is the Spiritual Timeless Eternal Realms of Space & Life.

It is important to realise while you're living on earth you are called to do something for Jesus Christ - Jehovah - Buddha.

Spiritually Helping Other People become very important in Spiritual Eternity because when Jesus Christ - Buddha was alive they were Spiritually Helping Other People and doing Spiritual Teachings to Humanity - Animals - Universe.

Jehovah is Spirit and we must work in ministries in the faith & spirit

I want you to understand readers, spiritual leaders, spiritual seekers, spiritual creators that Jesus Christ - Jehovah - Buddha has a Spiritual Calling for you to fulfil while you're alive and living.

Death is the Future and Spiritual Eternity is where everyone will eventually go to

Jehovah want to reward you in Heaven for your goods works you do on Earth because faithful and spiritual people all do amazing work in ministries,

faith, spirituality to help Humanity – Animals – Universe.

Spiritual Change is the No Self & Selflessness which will enter you into Spiritual Eternity



Remember readers, spiritual leaders, spiritual seekers, spiritual creators how you live your life now will matter to Jesus Christ – Jehovah – Buddha in Spiritual Eternity.

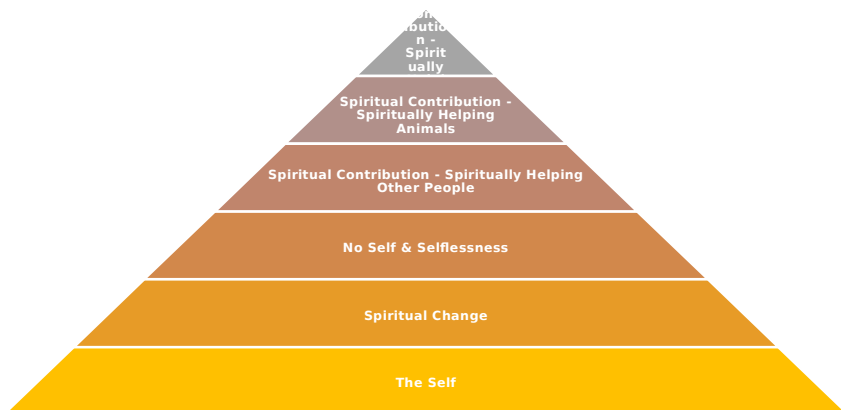
There is a Spiritual Contributions that Jesus Christ – Jehovah – Buddha want you to make while you're on Earth.

The Importance of Spiritual Eternity

- 1) Spiritual Eternity is the Destination of all Humanity – Animals – Universe
- 2) Spiritual Eternity is the Spiritual Change
- 3) Spiritual Eternity is Heaven & Nirvana

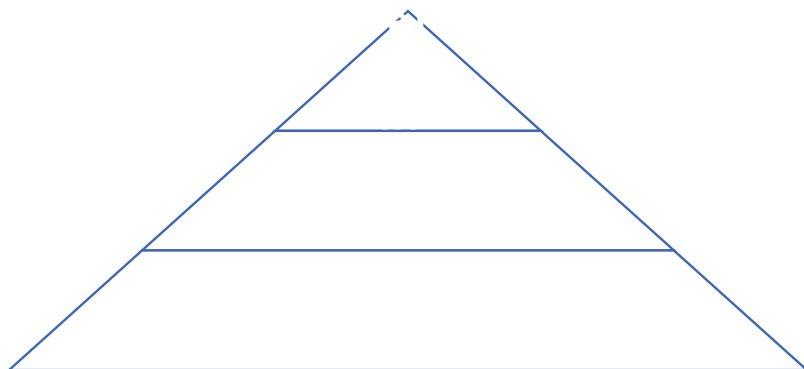
- 4) Spiritual Eternity is where Jehovah - Jesus Christ - Buddha want you to go
- 5) Jehovah has called you to Spiritual Eternity
- 6) Jehovah has good works for you to do while you're alive on Earth
- 7) Death is not the End of life it just the beginning of Spiritual Eternity
- 8) Humanity - Animals - Universe will go through Spiritual Revolution from Jehovah Purpose
- 9) Spiritual Eternity is important for No Self & Selflessness
- 10) Spiritual Eternity is important to remember in life because how you live your life now matter in Spiritual Eternity
- 11) Jesus Christ - Jehovah - Buddha want you to Spiritually Contribute now
- 12) Spiritually Helping Other People is part of Spiritual Eternity
- 13) Spiritual Change is the only when to Change from The Self to No Self for Spiritual Eternity
- 14) Spiritual Eternity is the beginning of Life
- 15) Spiritual Eternity is Spiritual Timeless Eternal Realms
- 16) Jehovah want human beings to enter Spiritual Eternity but you must live a Spiritual Faithful life now
- 17) Spiritual Change is Now in Spiritual Eternity

The Process of Spiritual Contributions

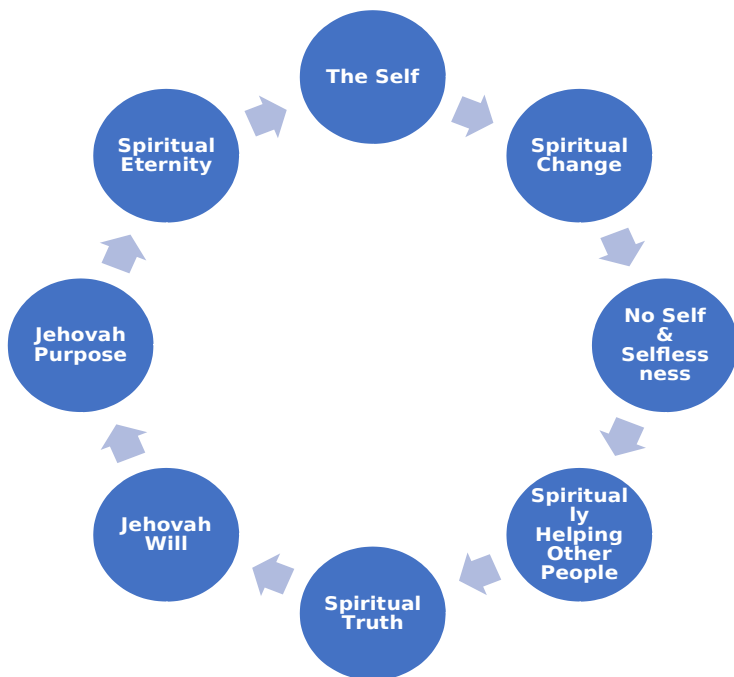
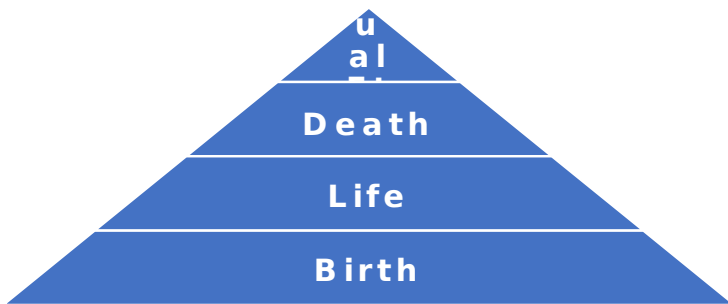


Spiritual Contributions

- 1) Spiritually Changing Humanity**
- 2) Spiritually Changing Animals**
- 3) Spiritually Changing Universe**



The Process of Life



Please remember that Jehovah has a Will & Purpose for Humanity - Animals - Universe which we must

obey and honour within our lives. The way to discover Jehovah Will & Purpose is to go through Spiritual Change and become No Self & Selflessness. Once you have become No Self & Selflessness you will understand what Jehovah Will & Purpose is for your life and gain true Spiritual Knowledge, Spiritual Wisdom, Spiritual Understanding, Spiritual Guidance.

Discover Jehovah Will & Purpose will help you to enter Spiritual Eternity and Heaven (Nirvana). Jehovah has a Spiritual Life Purpose & Spiritual Calling that he wants you to do before you pass away and die.

All Human beings must discover No Self & Selflessness to discover Spiritual Truth & Spiritual Eternity.

5 Levels of Helping Other People



5 Levels of Helping Other People

Level 1 - Volunteering
(Good Level in Helping
Other People)

Level 2 -
Jobs/Careers/Employment
(Great Level in Helping
Other People)

Level 3 -
Business/Entrepreneurship
(Highest Level in Helping
Other People)

Level 4 - Spiritual/Faith
(Spiritual Level in Helping
Other People)

Level 5 - Spiritually Helping
Other People Who Helping
Other People (Teaching
Level in Helping Other
People)



Summary of Spiritual Eternity

- 1) Jesus Christ – Jehovah – Budda wants you to enter Spiritual Eternity
- 2) Spiritual Eternity is the Destination of all Humanity – Animals – Universe
- 3) Spiritual Eternity is Spiritual Change
- 4) Spiritually Helping Other People is part of Spiritual Eternity
- 5) Spiritual Eternity is the Spiritual Timeless Eternal Realms
- 6) Death is not the end of life it is the beginning
- 7) Faith & Spirituality is important in Spiritual Eternity
- 8) Spiritual Changing Humanity – Animals – Universe is important in Spiritual Eternity
- 9) Spiritual Eternity is Heaven (Nirvana)
- 10) H
 ow you live your life now matter in Spiritual Eternity

- | | | |
|-----|---|----|
| 11) | piritual Intentions & Spiritual Actions is Important for Jehovah - Jesus Christ - Buddha | S |
| 12) | piritual Eternity is No Self & Selflessness | S |
| 13) | hovah want you to do Spiritual Contributions before you die and pass away | Je |
| 14) | piritual Contribution become the most important thing in life for Spiritual Eternity | S |
| 15) | rth - Life - Death is all part of Spiritual Eternity | Bi |
| 16) | piritual Revolution is what Jesus Christ - Jehovah - Buddha want on Earth | S |
| 17) | piritual Eternity is the Ending of Spiritual Suffering - Pain - Adversities in Daily Life | S |
| 18) | sus Christ - Jehovah - Buddha wants you to go through Spiritual Change | Je |

Chapter 14 - Spiritual **Timeless Eternal is** **Sacred**

Spiritual Timeless Eternal is Sacred which means Spiritual Change makes you Holy, Faithful, Spiritual. If we are going to live for Jesus Christ - Jehovah - Buddha want need to go through Spiritual Change. Spiritual Timeless Eternal is Sacred in life and Jehovah want Humanity - Animals - Universe to go through a Spiritual Revolution. It is important to realise that Spiritual Change is how you overcome The Self to No Self and become Spiritually Holy & Spiritual.

Jehovah - Jesus Christ - Buddha all human beings to live within the Spiritual Timeless Eternal Sacred realms.

Jehovah is a Spirit and we must honour our relationship with Jehovah through Spirit.

Spiritual Change become the most important thing to Jesus Christ - Jehovah - Buddha and we must go through Spiritual Change if we want to enter Spiritual Eternity.

The Importance of Spiritual Timeless Eternal

- 1) Spiritual Change is the Spiritual Timeless Eternal Change of The Self to No Self
- 2) Spiritual Change is Holy
- 3) Spiritual Change is Righteous
- 4) Spiritual Change is Faith & Spirituality
- 5) You can only enter Spiritual Eternity through Spiritual Change
- 6) Spiritual Timeless Eternal is Sacred & Pure

- 7) Spiritual Timeless Eternal is Spiritual Eternity
- 8) Jehovah is a Spirit which we must honour and worship through Faith & Spirit
- 9) Jesus Christ – Jehovah – Buddha want you to become No Self & Selflessness
- 10) S
piritual Change is the Future of Humanity – Animals – Universe
- 11) T
here is a Spiritual Timeless Eternal Realms called Heaven & Nirvana
- 12) S
piritual Change is how you Spiritually Help Other People & Give Back
- 13) W
hen you discover No Self & Selflessness there is No More Self
- 14) N
o Self & Selflessness is Know Thyself which is Sacred & Holy
- 15) S
piritual Timeless Eternal realms is for all of Humanity to discover
- 16) S
piritual Timeless Eternal is Spiritual Truth which is Sacred Holy
- 17) S
piritual Change is Spiritual Timeless Eternal state in Psyche & Psychological Mind
- 18) S
piritual Timeless Eternal is the Deathless Realms
- 19) Je
hovah is Holy, Sacred, Faithful, Spiritual, Eternal, Timeless, Pure

The Process of Spiritual Change

- 1) The Self
- 2) Suffering - Pain - Adversity
- 3) Overcoming Suffering - Pain - Adversity
- 4) Spiritual Transformation
- 5) No Self & Selflessness
- 6) Spiritually Helping Other People
- 7) Spiritual Truth
- 8) Spiritual Enlightenment
- 9) Jesus Christ - Jehovah - Buddha
- 10) S
piritual Eternity

The Process of Spiritual Timeless Eternal is Sacred





Summary of Spiritual Timeless Eternal is Sacred

- 1 Jehovah - Jesus Christ - Buddha is Spiritual & Faithful
- 2 Spiritual Change is No Self & Selflessness which is Spiritual Timeless Eternal State
- 3 Spiritual Timeless Eternal is Spiritual Freedom in Heavenly Realms
- 4 Spiritual Change is the Spiritual Timeless Eternal Change of The Self to No Self
- 5 Spiritual Change is Holy
- 6 Spiritual Change is Righteous
- 7 Spiritual Change is Faith & Spirituality

- 8 You can only enter Spiritual Eternity through Spiritual Change
- 9 Spiritual Timeless Eternal is Sacred & Pure
- 10 Spiritual Timeless Eternal is Spiritual Eternity
- 11 Jehovah is a Spirit which we must honour and worship through Faith & Spirit
- 12 Jesus Christ - Jehovah - Buddha want you to become No Self & Selflessness
- 13 Spiritual Change is the Future of Humanity - Animals - Universe
- 14 There is a Spiritual Timeless Eternal Realms called Heaven & Nirvana
- 15 Spiritual Change is how you Spiritually Help Other People & Give Back
- 16 When you discover No Self & Selflessness there is No More Self
- 17 No Self & Selflessness is Know Thyself which is Sacred & Holy
- 18 Spiritual Timeless Eternal realms is for all of Humanity to discover
- 19 Spiritual Timeless Eternal is Spiritual Truth which is Sacred Holy
- 20 Spiritual Change is Spiritual Timeless Eternal state in Psyche & Psychological Mind
- 21 Spiritual Timeless Eternal is the Deathless Realms
- 22 Jehovah is Holy, Sacred, Faithful, Spiritual, Eternal, Timeless, Pure

Chapter 15 - Thank You

I would like to say thank you to Paul Dorrington (Lead Employment Specialist), Karen Meechan (Clinical Psychology), Dag Heward Mills (Pastor, Evangelist, Teacher), Jiddu Krishnamurti (Philosopher, Spiritual Teacher), Jesus Christ - Jehovah - Buddha for helping to write this amazing book and for helping me to overcome my adversity & suffering.

Paul Dorrington (Lead Employment Specialist) - Paul Dorrington helped and supported me when I was 24 - 25 years from homelessness and mental health crisis to get back into Paid Employment in the Mental Health Industry. Paul Dorrington is my Spiritual Hero and I value and respect all of the support and help Paul Dorrington has given me through my years. Christopher Liam Rose & Paul Dorrington's professional relationship has been for 10 years since 2014 - Present. Christopher Liam Rose

owes his whole life to Paul Dorrington for showing him mental health recovery and hope, faith, control, and opportunity. Christopher Liam Rose has now worked with Paul Dorrington as an Employment Specialist in SWLSTG at North Kingston Team but will slowly be moving on to a Peer Support Coordinator role at SWLSTG (Sutton Jubilee Health Centre). Christopher Liam Rose's dream was to work with Paul Dorrington in mental health recovery and IPS Employment Specialist Support. Since Christopher Liam Rose has worked with Paul Dorrington in SWLSTG as an Employment Specialist he has received 2 Awards for excellent IPS Employment Specialist work.

Karen Meechan (Clinical Psychologist) - Karen Meechan helped and supported Christopher Liam Rose in 2014 in Psychology and Counselling Therapy when Christopher Liam Rose went

through homelessness and a mental health crisis. Karen Meechan is the main reason why Christopher Liam Rose has developed persistence, resilience, and coping strategies to manage his mental health conditions and learning difficulties of Schizophrenia, Psychosis, Depression, Diabetes, and Dyslexia. Karen is my Spiritual Hero and has helped me to recover from my mental health conditions and learning difficulties. Karen taught Christopher Liam Rose about dealing with Past Trauma, setbacks, overcoming adversity, and life challenges. Karen was the first person that Christopher Liam Rose opened up about his past and trauma. On 30/09/2024 Christopher Liam Rose lost his home and all of his possessions in a fire that burned away everything that Christopher Liam Rose owned including possessions and music equipment. Karen helped Christopher Liam Rose deal with the fire and past trauma he experienced and showed him

the light in helping other people and giving back. Karen told Christopher Liam Rose to write in journals to process his life, feelings, emotions, dreams, and desires. Christopher Liam Rose has been writing in journals since 2015 - Present and how many journals of his past life and experiences within the journals. Christopher Liam Rose & Karen Meechan's professional relationship was from 2014 - 2020 when Karen Meechan supported Christopher Liam Rose in Psychological Therapy 2 times 1) Psychology & Counselling in 2014 2) Psychology & Counselling in 2018. Christopher Liam Rose has experienced serious life setbacks and challenges which Karen Meechan helped me to deal with. Because of Karen Meechan, I can live a normal life and I have recovered from mental health illness.

Dag Heward Mills (Teacher, Pastor, Evangelist) - Dag Heward Mills has been

my spiritual Christian father and leader in my Christianity & Spirituality. I have been attending Dag Heward Mills church called Lighthouse Chapel International #LCI 2014 - present. Christopher Liam Rose respects and honours Dag Heward Mills for all of his teachings, sermons, videos, and audio that he has been learning from since 2014. Dag Heward Mills is one of the main reasons why Christopher Liam Rose has stayed in faith, Christianity, and Spirituality. I have become an Evangelist and Teacher in Christianity and Faith based on Dag Heward Mill's Teachings. I owe my Christian walk with God to Dag Heward Mills and I am very grateful to be a part of Dag Heward Mills church and congregation.

Jiddu Krishnamurti (Spiritual Teacher, Philosopher) - Jiddu Krishnamurti is a very special spiritual teacher and philosopher that helped me with Spirituality and faith. I discovered Jiddu

Krishnamurti's Videos Series - A Wholly Different Way of Living with Dr Allan San Diego 1974 on YouTube when I was going through a mental health crisis and breaking up with my ex-partner. Because I watched Jiddu Krishnamurti videos talking about Spirituality, Meditation, Mindfulness, God, Faith, and Religion I started to become a Spiritual person and was practicing meditation and mindfulness. Jiddu Krishnamurti is the main reason why I have changed all of my life spiritually and become a very spiritual person. Jiddu Krishnamurti helped me to find Spirituality and God and I would have not been able to achieve Spiritually Freedom from the known without Jiddu Krishnamurti's teachings. I have a spiritual aura and spiritual presence because of the teachings of Jiddu Krishnamurti who is my spiritual teacher and spiritual philosopher.

Jesus Christ - Jehovah - Buddha - This has become the most important thing in my life to learn and understand Jesus Christ - Jehovah - Buddha. My faith, Spirituality, and Christianity & Buddhism are very important to me, and being with Jesus Christ - Jehovah - Buddha makes me Spiritual. Being a Christian and learning about Faith, Spirituality, Buddhism Christianity has become everything to me and more. My love and devotion for Jesus Christ - Jehovah - Buddha is everything and that is why I can be an Evangelist, Activist, Teacher in Faith, Spirituality, Buddhism, Christianity.

My spiritual heroes are very important to me in my life story and journey, and they are all the reasons why I have become a spiritual person.

I want you to understand dear readers that you can become spiritual and live a meaningful productive life. My life has been very difficult and challenging but I

would change any of my life experiences because they made me who I am today. The only things I would change about my life are the things I did to hurt other people like --ex-partners, family, and childhood abuse.

My life is not perfect by any means, but I have learned very important life lessons that I want to share in my life story. Please remember readers I am only a human being, and I am not perfect but I want you to feel inspired and hopeful about your future, and by reading my books you will find faith, Spirituality, Buddhism, Christianity and become the person you want to be.

Christopher Liam Rose Books

- 1) Christopher Liam Rose's Life Story
(Part 1)**
- 2) Be What You Want to Be**
- 3) The 15 Successful Habits**
- 4) Selfless**
- 5) Anointing**
- 6) Life Purpose**
- 7) Helping Other People**
- 8) Giving Without Receiving**
- 9) Fulfillment**
- 10) Learn**
- 11) It Is Not the Problems That Make You
Who You Are, It Is the Person You Become
That Make You Who You Are**
- 12) The Evangelism Ministry**
- 13) Learning Is a Part of Living**

14) The Self Is the Problem

15) I Don't Want

16) No Self

17) Miracles

18) Christopher Liam Rose Journal 2015 - 2016

19) (Living With Jesus Christ & God) - Christopher Liam Rose Journal 2016 -2017

20) Losing, Sacrificing, Suffering

21) Observation

22) Christopher Liam Rose Testimony

23) SGR BOOKS - Christopher Liam Rose Music Discography

24) Christopher Liam Rose Journal 2018 - 2019

25) Christopher Liam Rose's Life Story (Part 2)

26) Christopher Liam Rose's Life Story (Biography)

**27) Imperfection To Perfection
(Representation)**

28) Christopher Liam Rose Journal 2019

**29) SGR BOOKS - Christopher Liam Rose
Music Discography (Instrumentals)**

30) Losing Is Inevitable

**31) Christopher Liam Rose's Life Story
(Part 3)**

32) 4 Levels of Helping Other People

**33) 4 Levels of Helping Other People
(Complete Version)**

**34) Overcoming Adversity - Life
Challenges - Life Problems #OALCLP**

35) How To Overcome Suffering #HTOS

36) Pay The Price #PTP

37) 5 Spiritual Practices #5SP

38) No Self Explained #NSE

39) Spiritual Change #SC

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Facebook - <https://www.facebook.com/christopherliamrose09>

Twitter - <https://x.com/ChrisRose091188>

Instagram - <https://www.instagram.com/christopherliamrose/?hl=en>

LinkedIn - <https://www.linkedin.com/in/christopherliamrose/>

Pinterest -
<https://www.pinterest.co.uk/christopherliamrose/>

TikTok -
<https://www.tiktok.com/@christopherliamrose>

Follow Christopher Liam Rose's Music on Social Media

Spotify -
<https://open.spotify.com/artist/4DCTGknEGFngM7IJNIJODN?si=UOZ57GmdQki4hZ-xFdlSDg>

Apple Music -
<https://music.apple.com/us/artist/christopher-liam-rose/1561501380>

Amazon Music -
<https://music.amazon.co.uk/artists/B091NQRNNS/christopher-liam-rose>

Soundcloud -
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